

Тёджюн Мияги

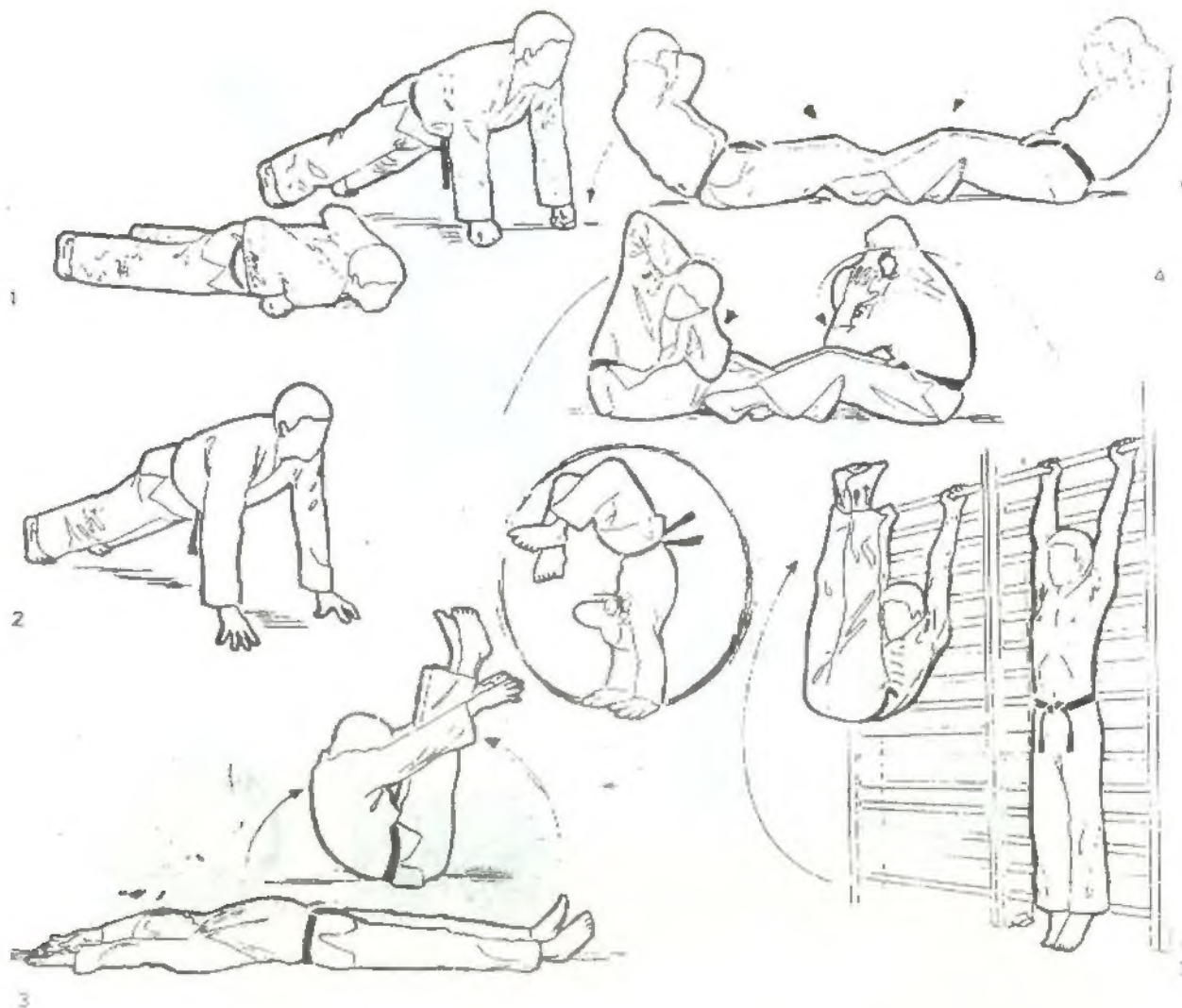
КАРАТЕ

КАРАТЭ ГОДЗЮ-РЮ

ПОНЯТНОЕ ВСЕМ



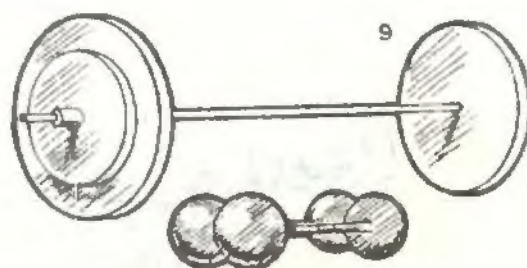
曉のふろし



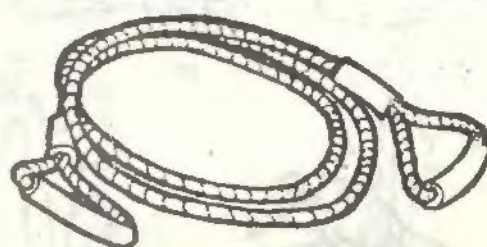
6



7



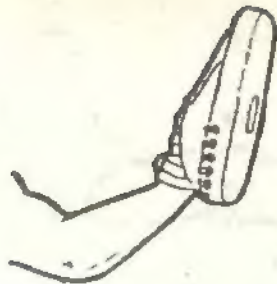
9



10



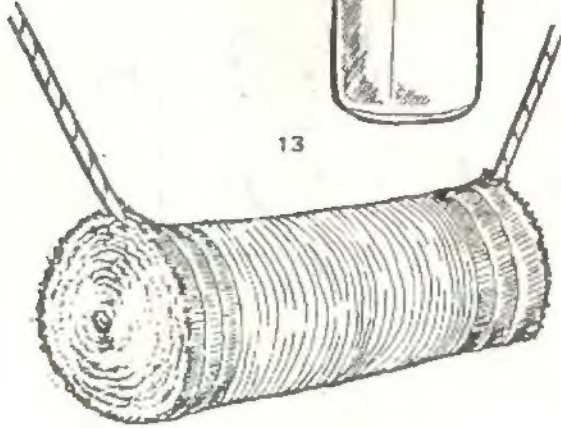
11



11



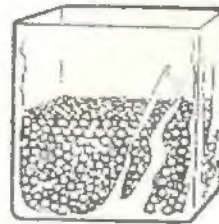
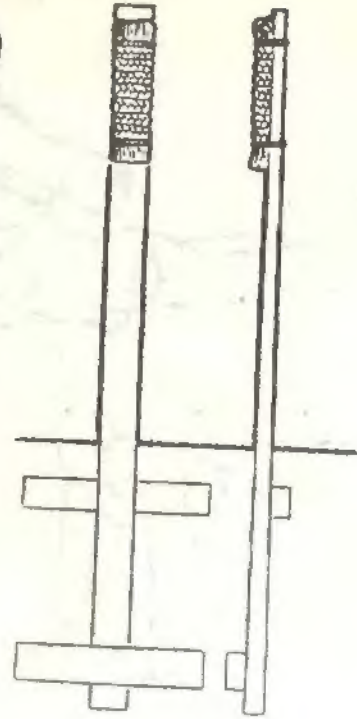
12



13



14



15



16



17



18



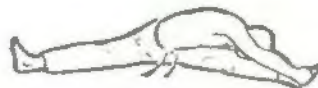
19



20



21



22



23



24



25



26



27



28



29



30



31



32



33



34



35



36



37



38



39



40



41



42



43



44



45



46



47



48



49



50



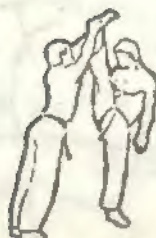
51



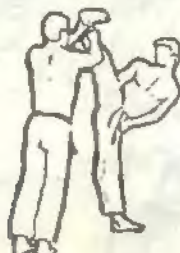
52



53



54



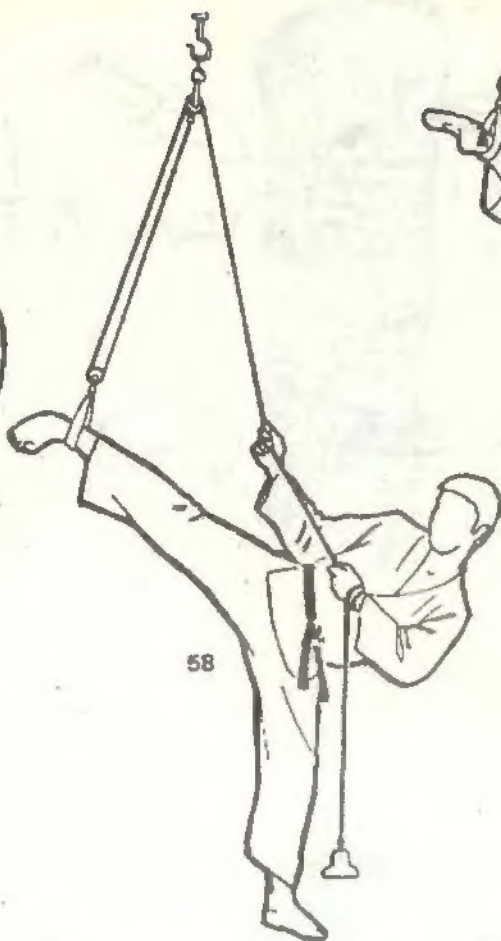
55



56



57



58



59



60



61



62



63



64



65



66



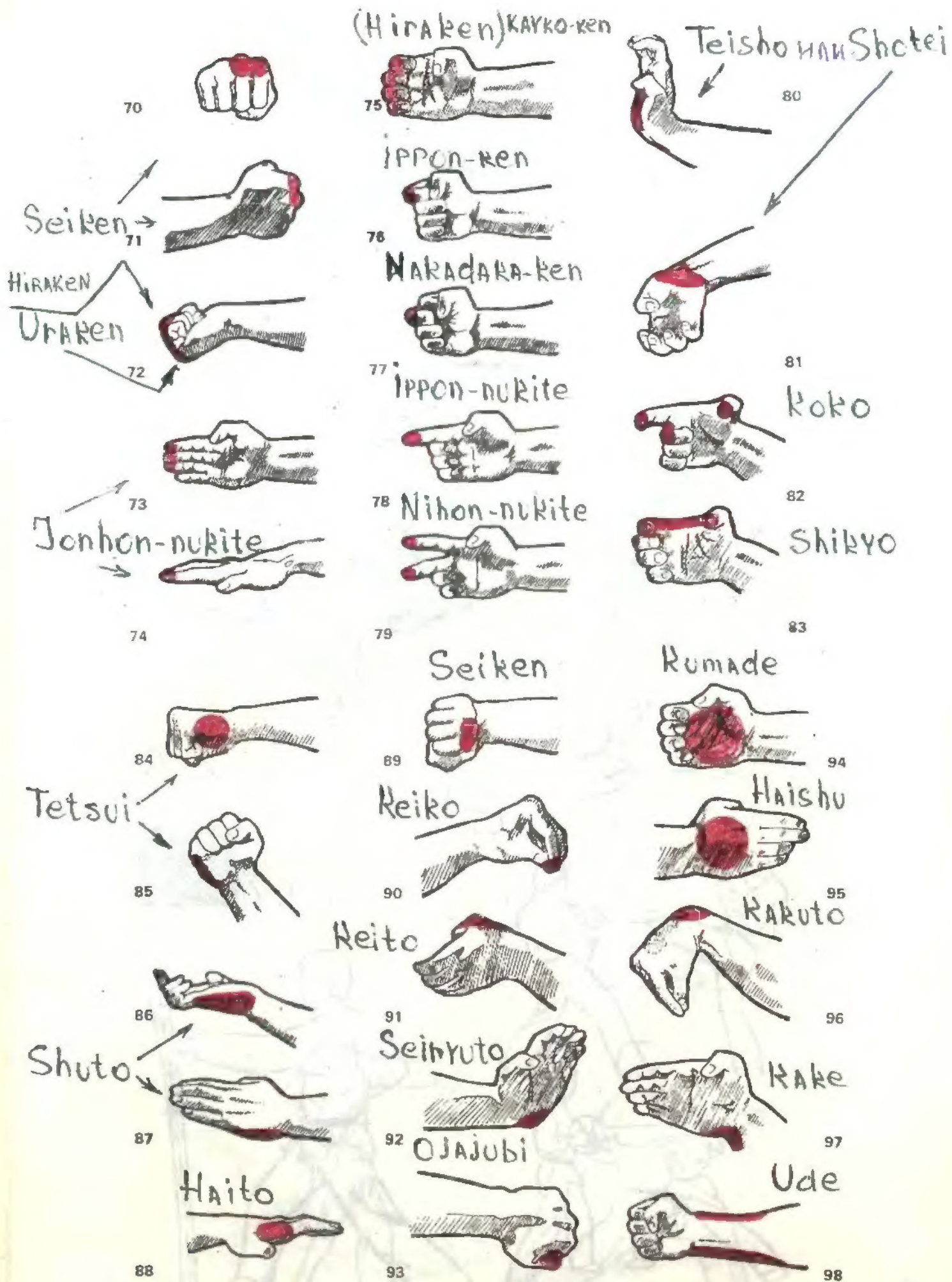
67

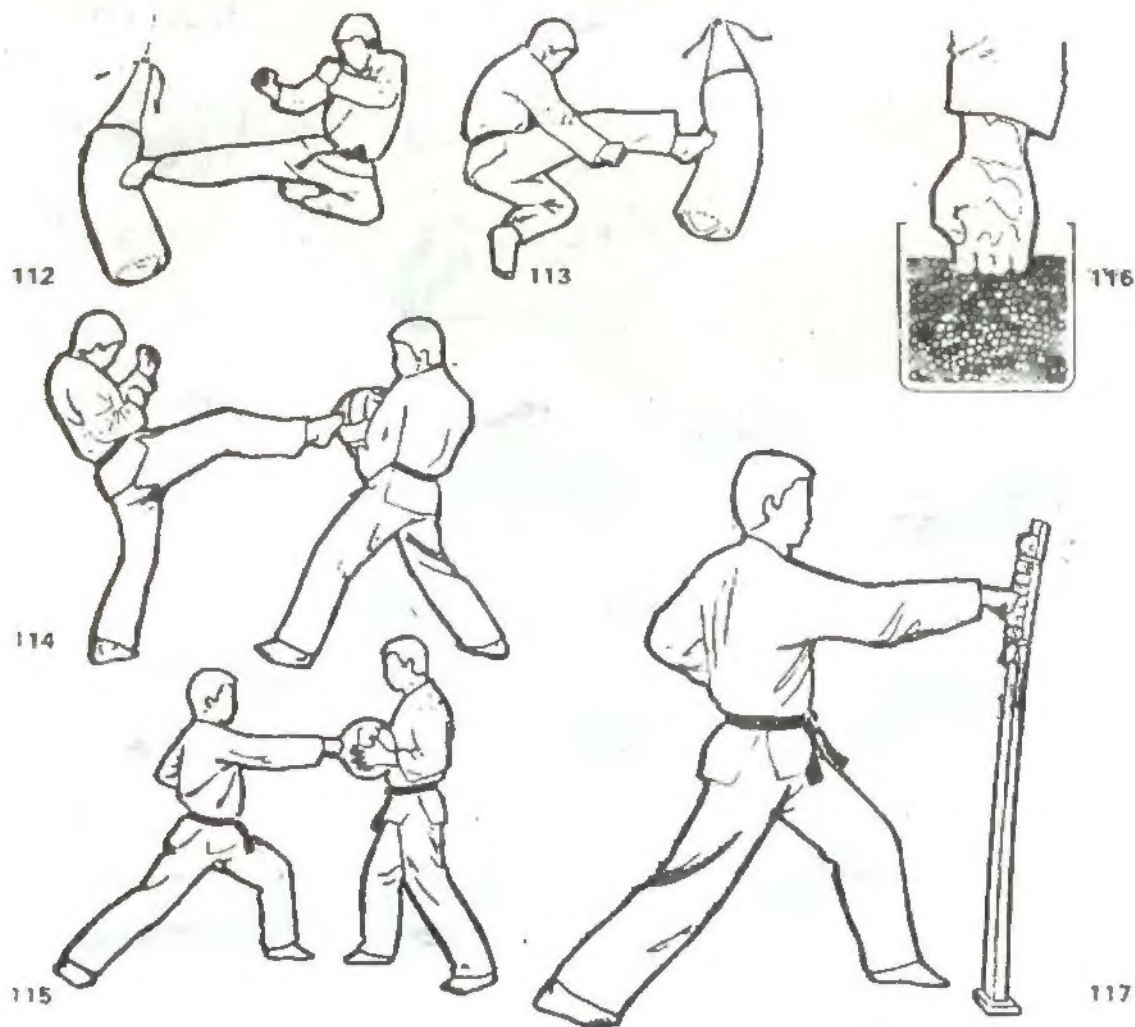
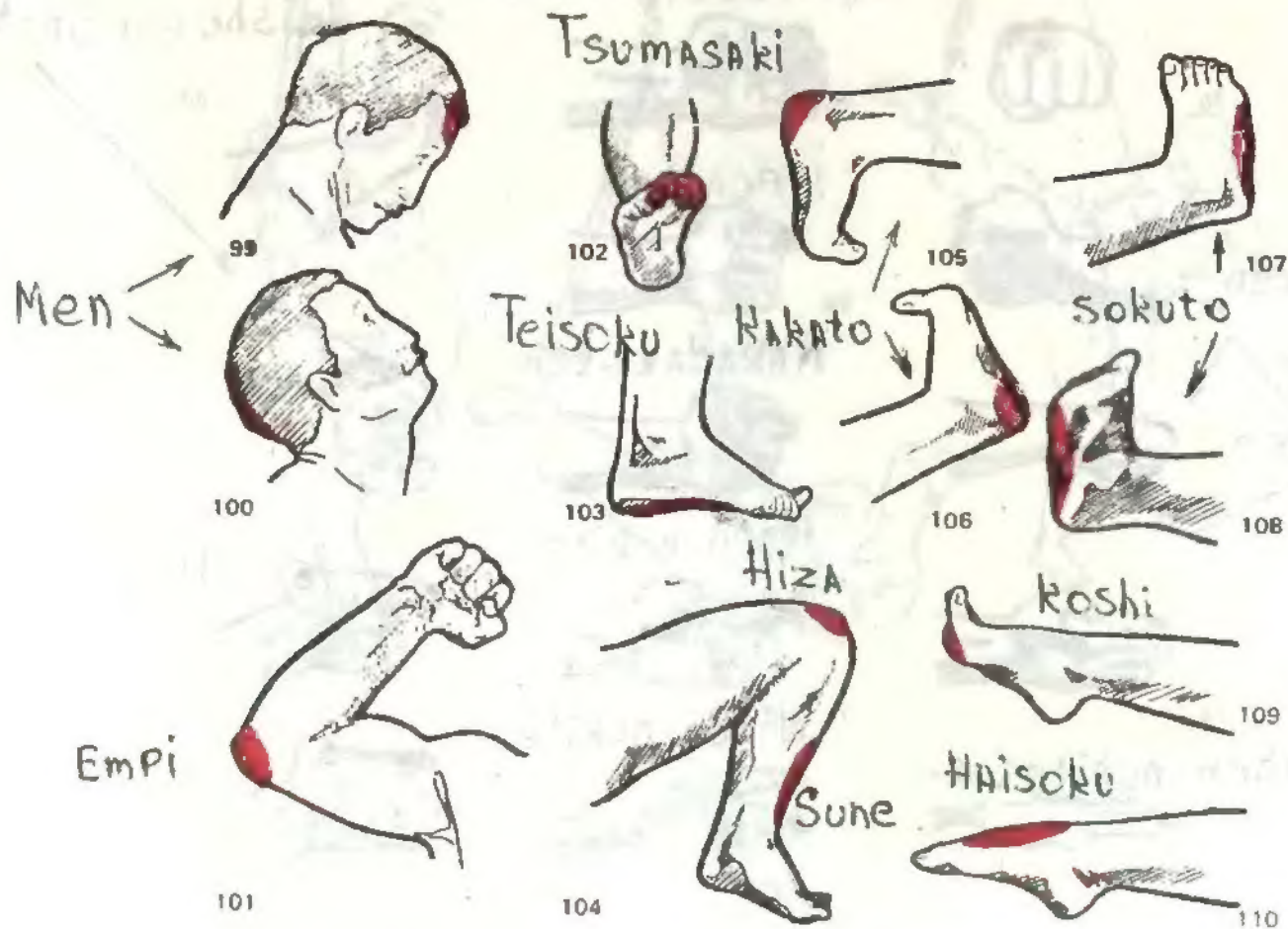


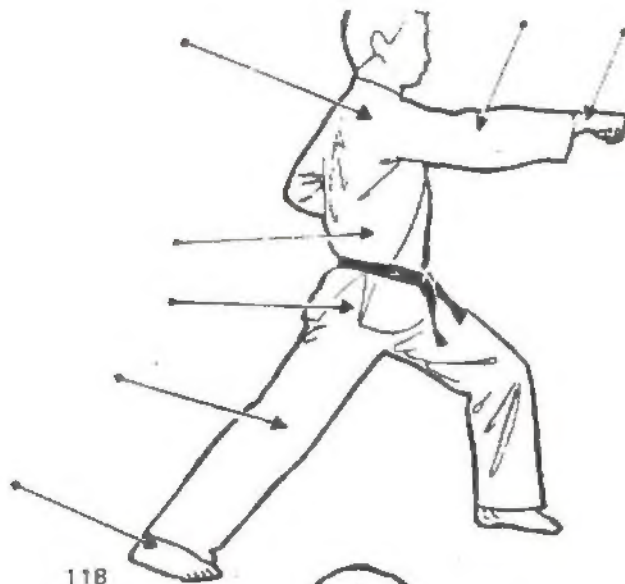
68



69

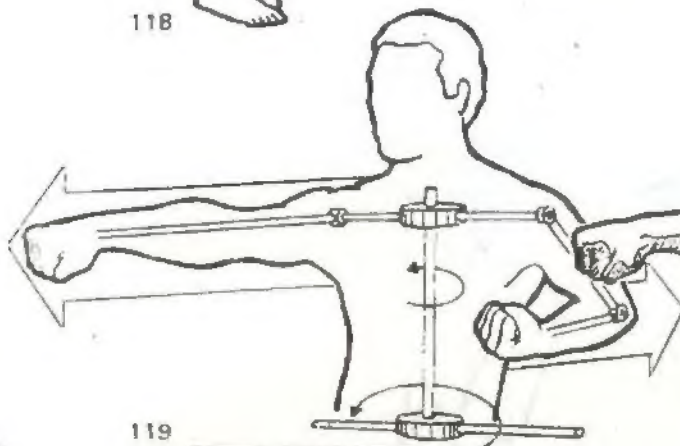






118

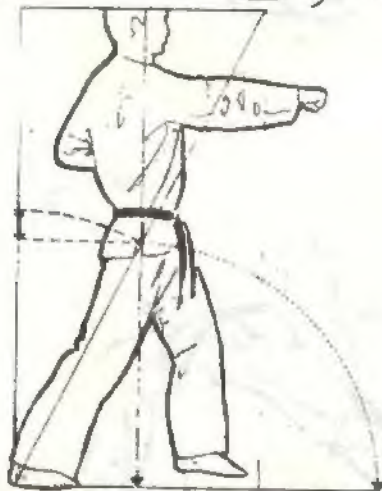
Seiken-choku-zuki



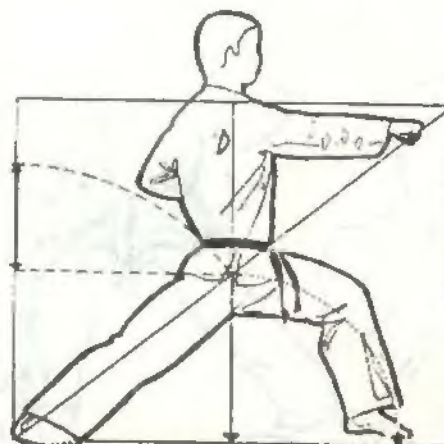
119



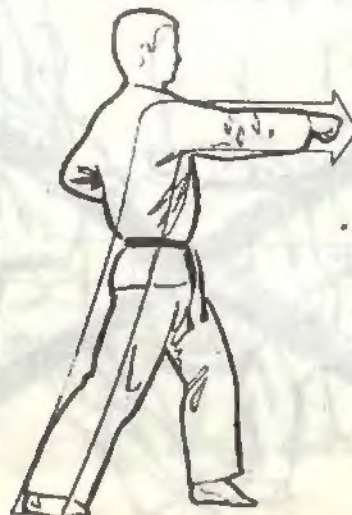
120



121



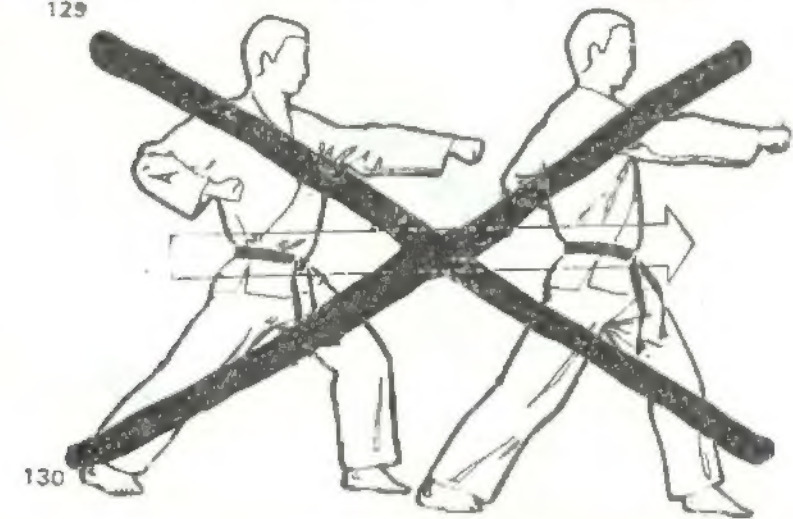
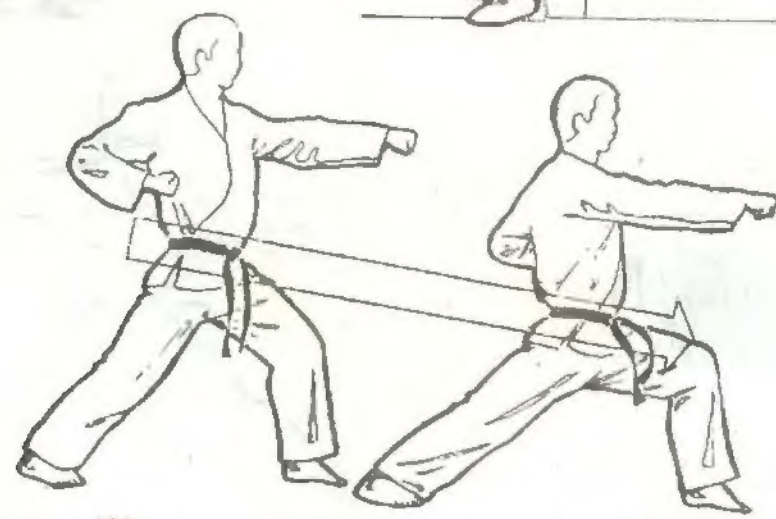
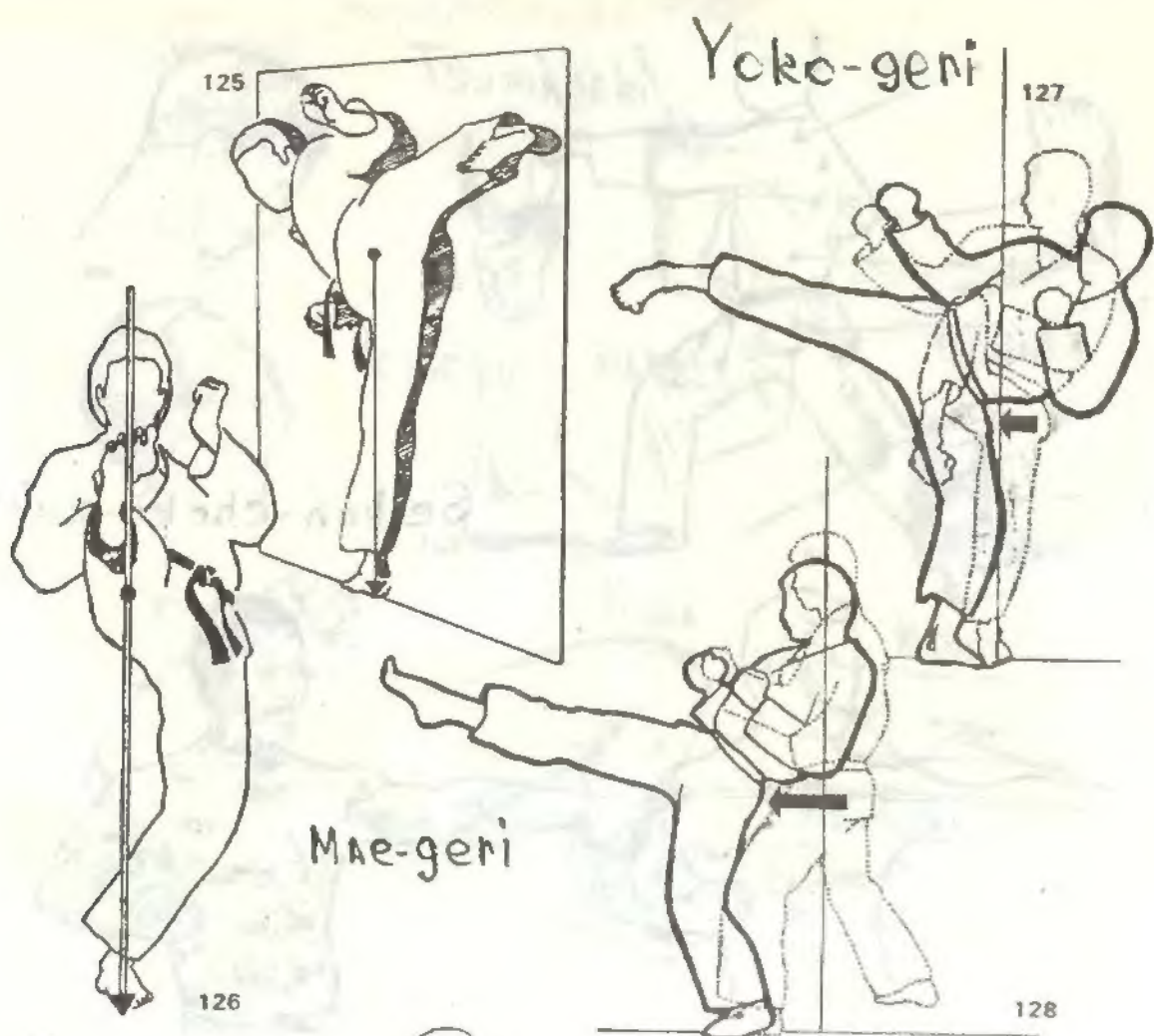
122



123

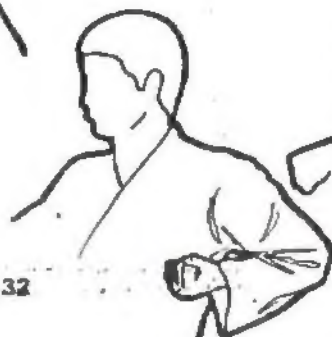


124





131



132



133



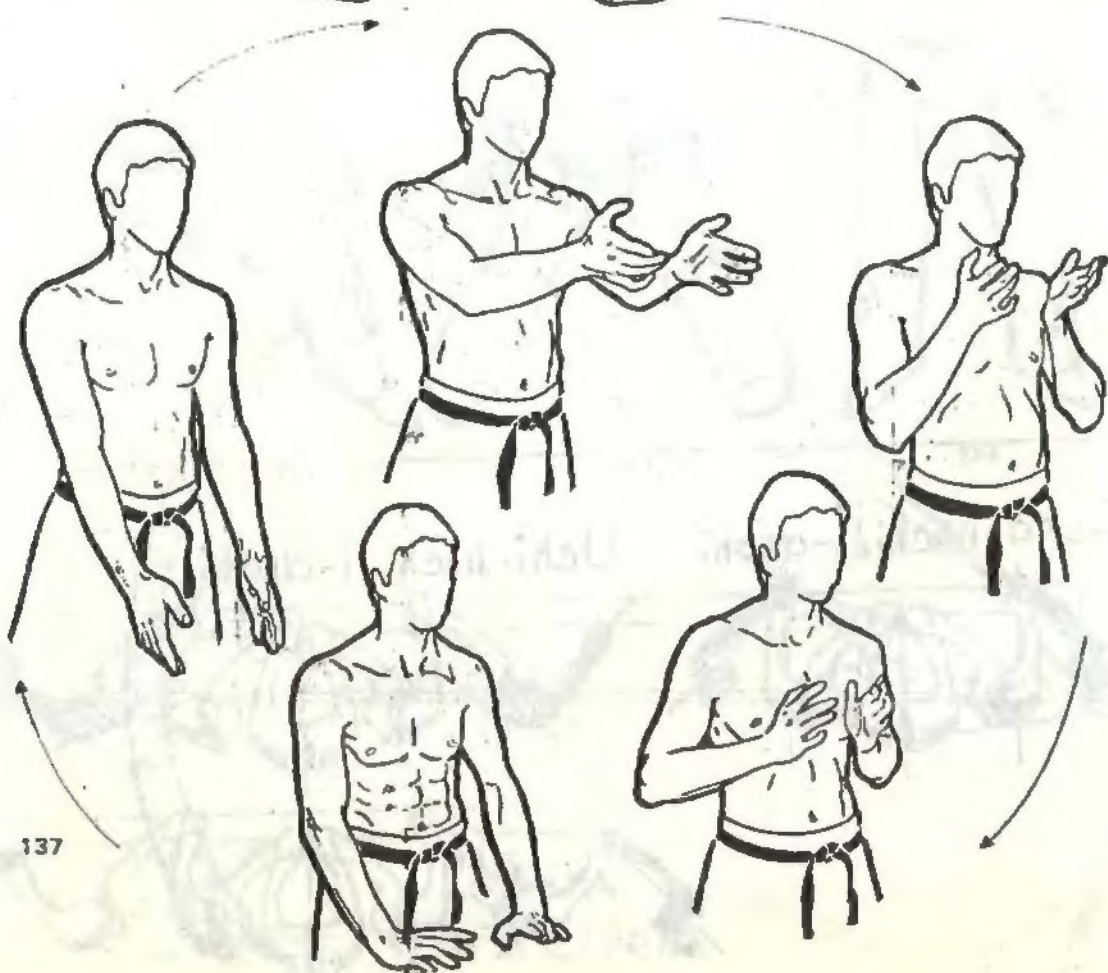
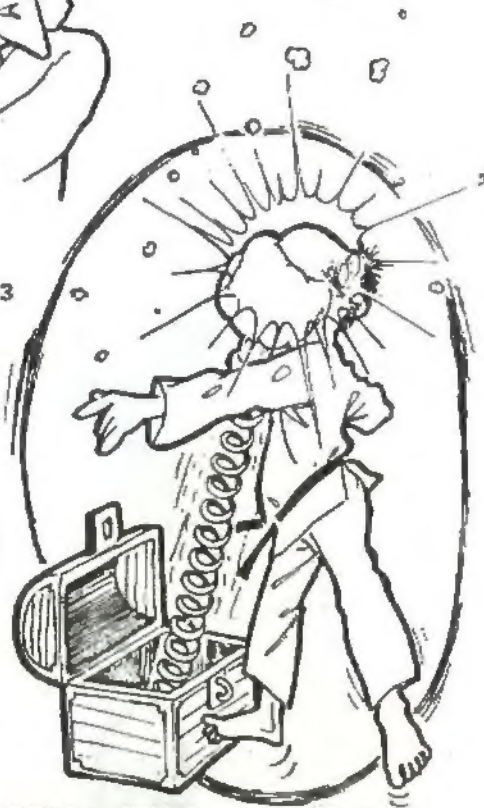
134



135



136



137



31



132



133



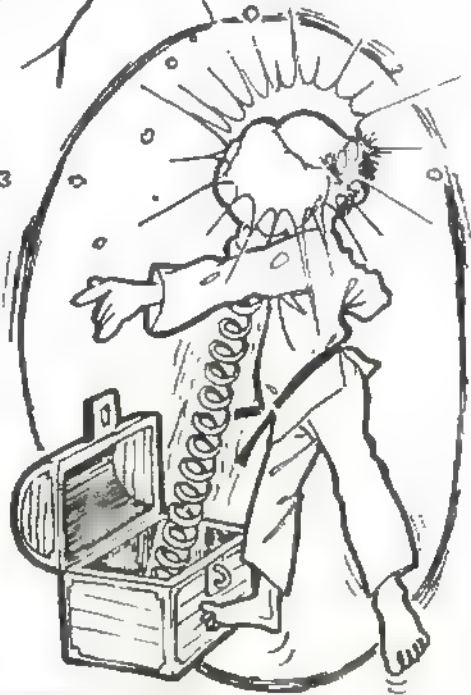
34



135



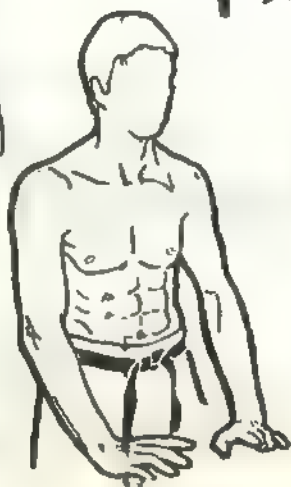
136



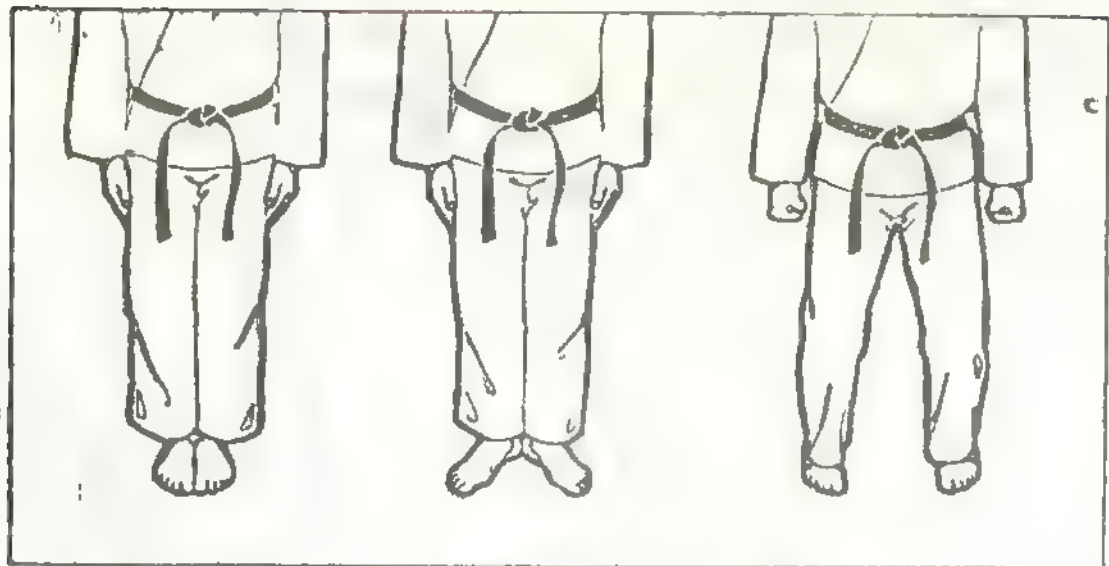
137



137



стойки (Dachi-waza)



138

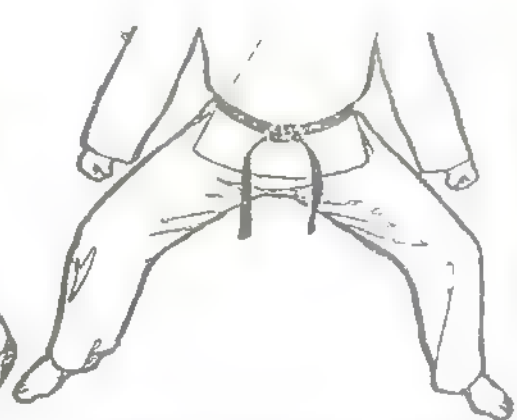
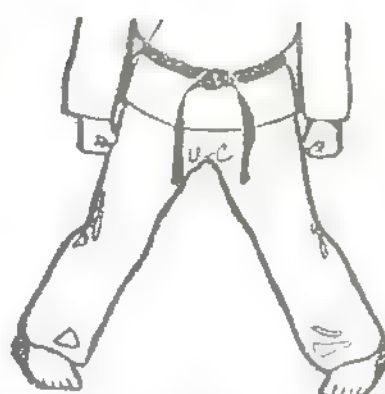
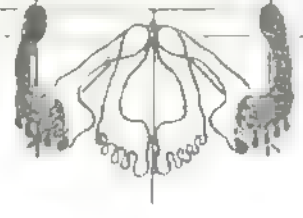
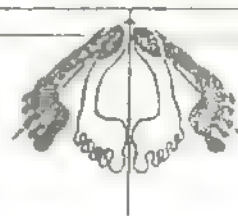
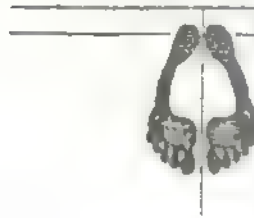
139

140

Heisoku-dachi

Musubi-dachi

Heiko-dachi



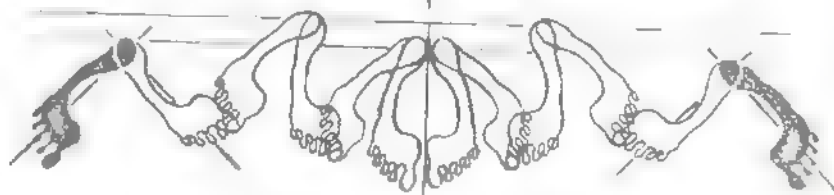
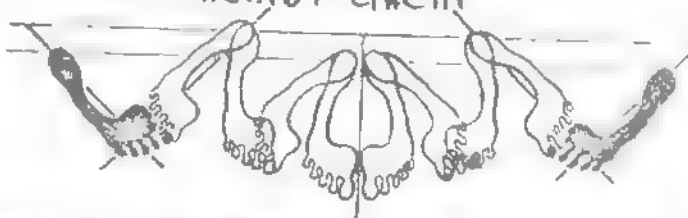
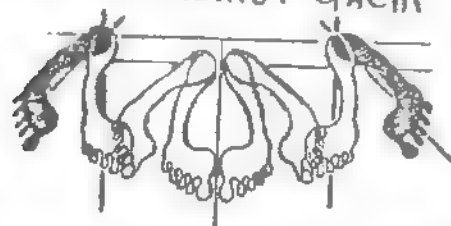
141

142

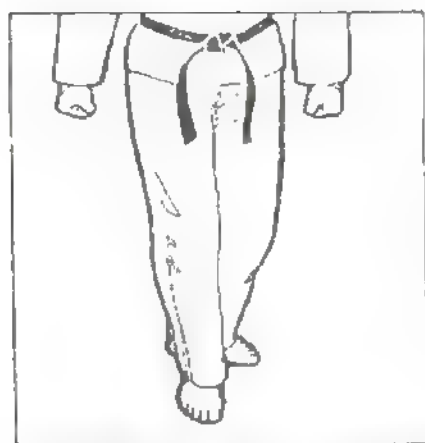
143

Soto-hachiji-dachi

Uchi-hachiji-dachi

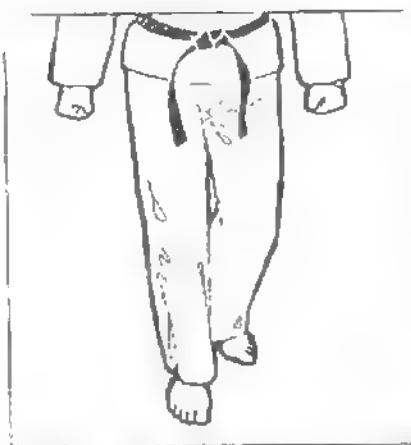


Shiko-dachi



144

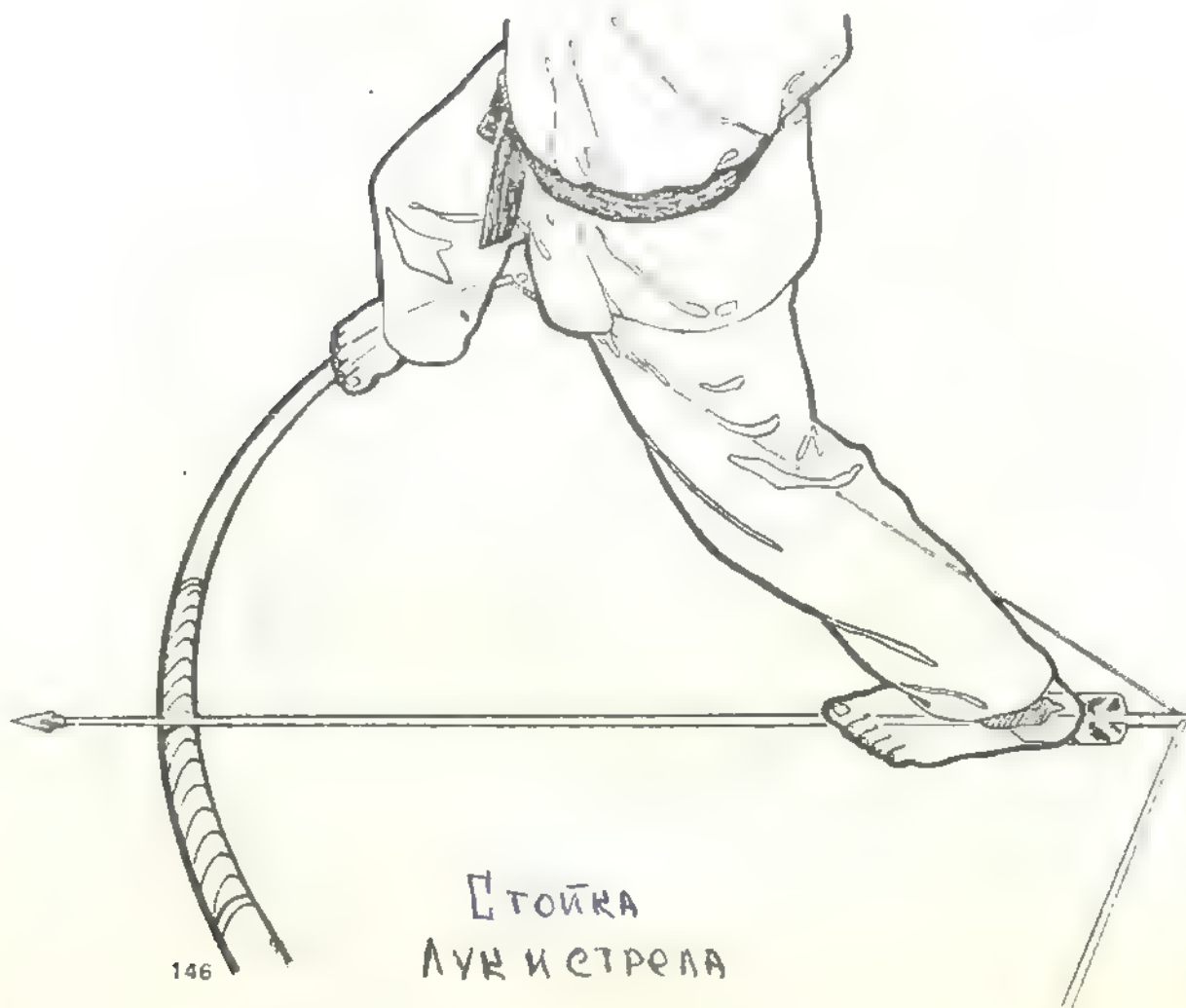
Teiji-dachi



145

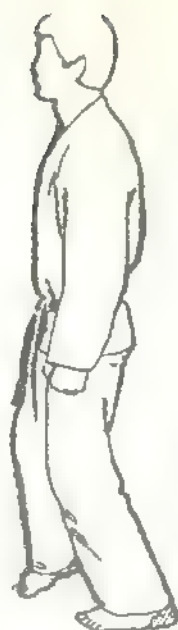


Renoji-dachi



146

СТОЙКА
ЛУК И СТРЕЛА

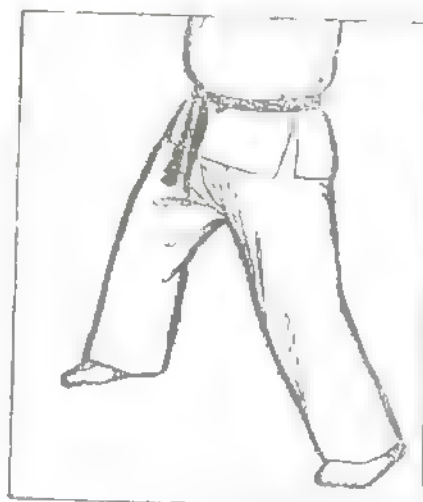


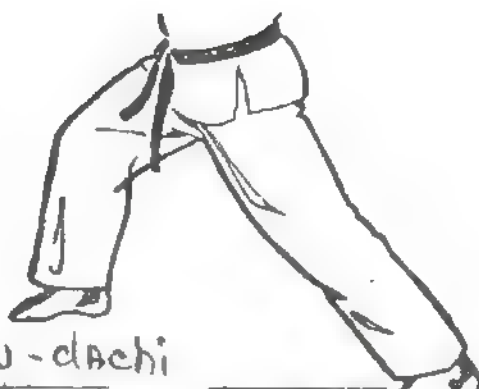
147 Sanchin-dachi



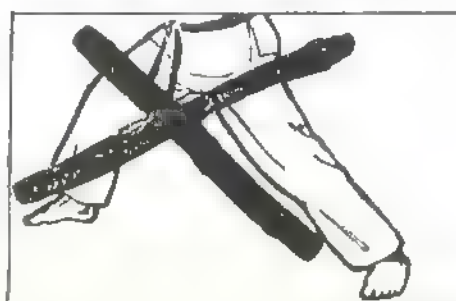
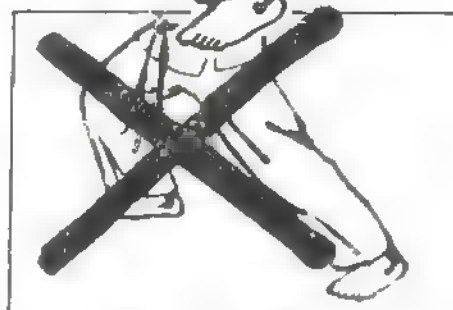
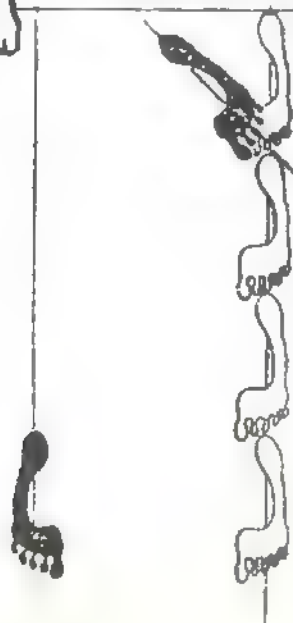
148

Hankutsu-dachi

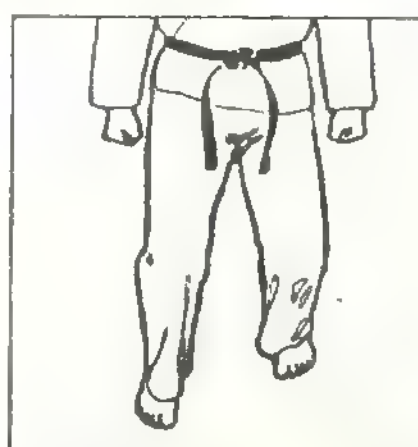




149 Zenkutsu-dachi



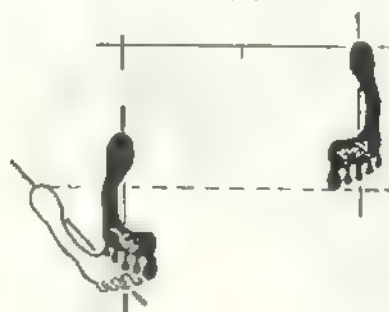
150



151



Zuri-ashi-dachi

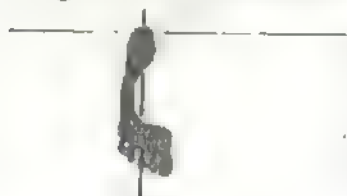


Neko-ashi-dachi



152

Sagi-ashi-dachi

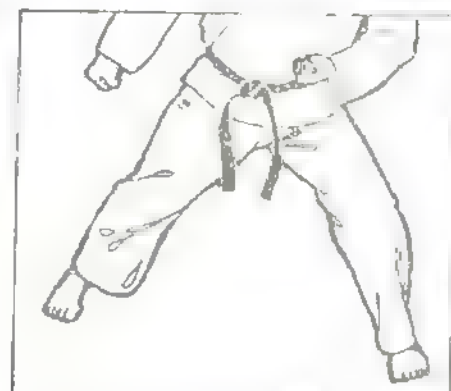


153

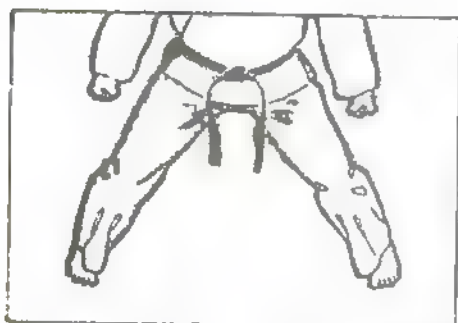
Kosa-dachi



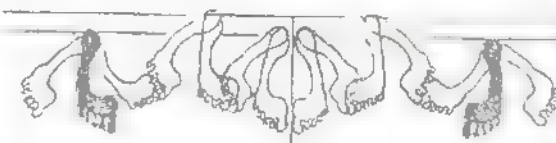
Kokutsu-dachi



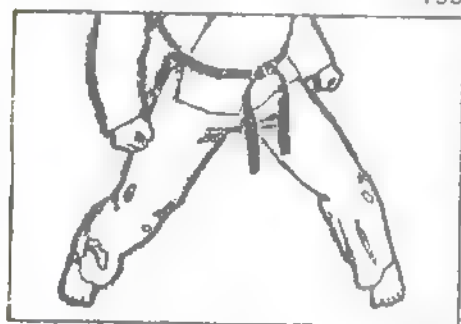
54



155



Kiba-dachi

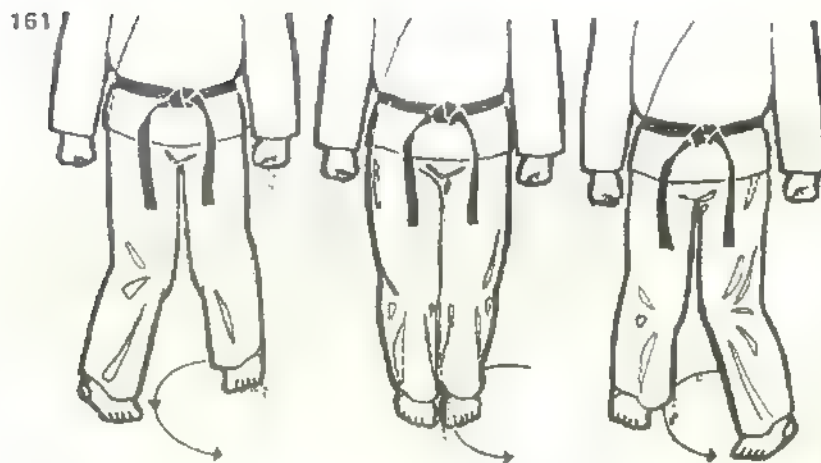
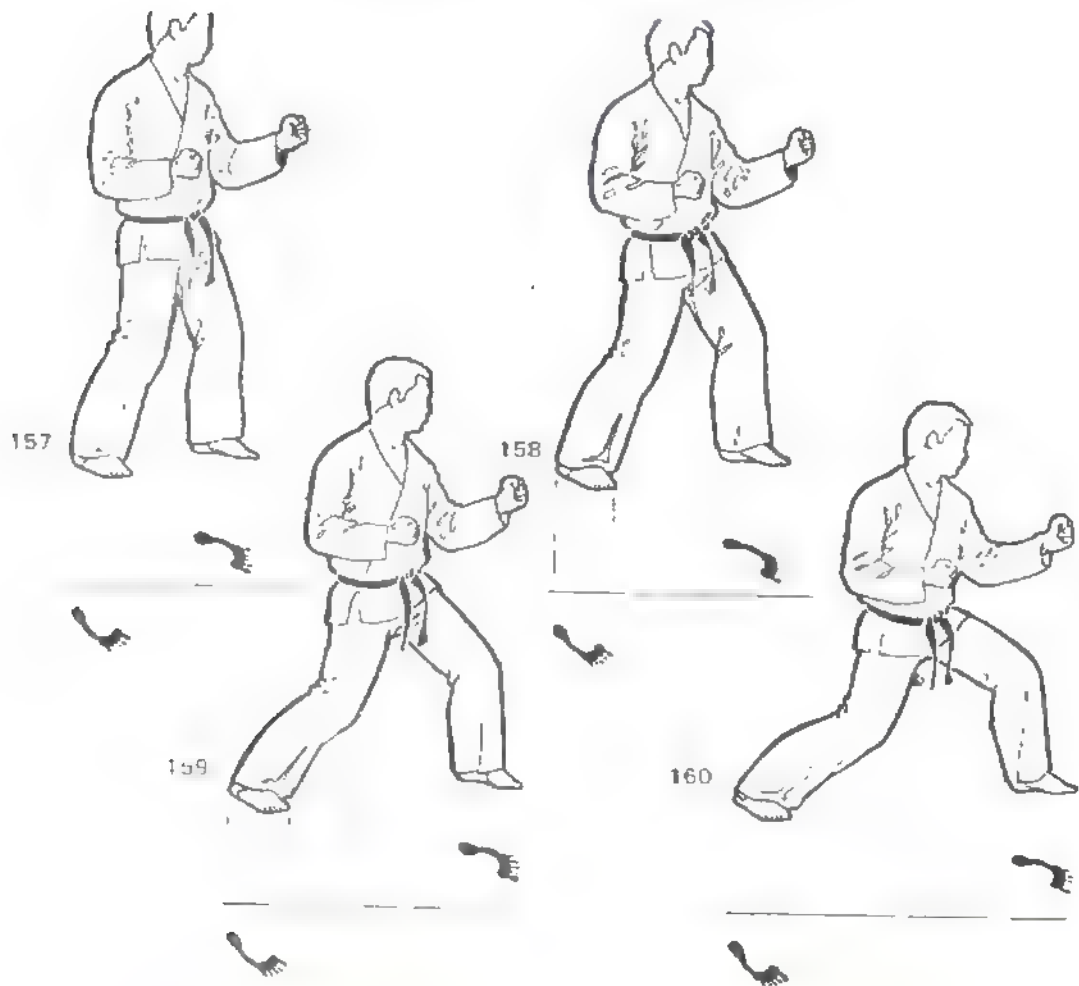


156

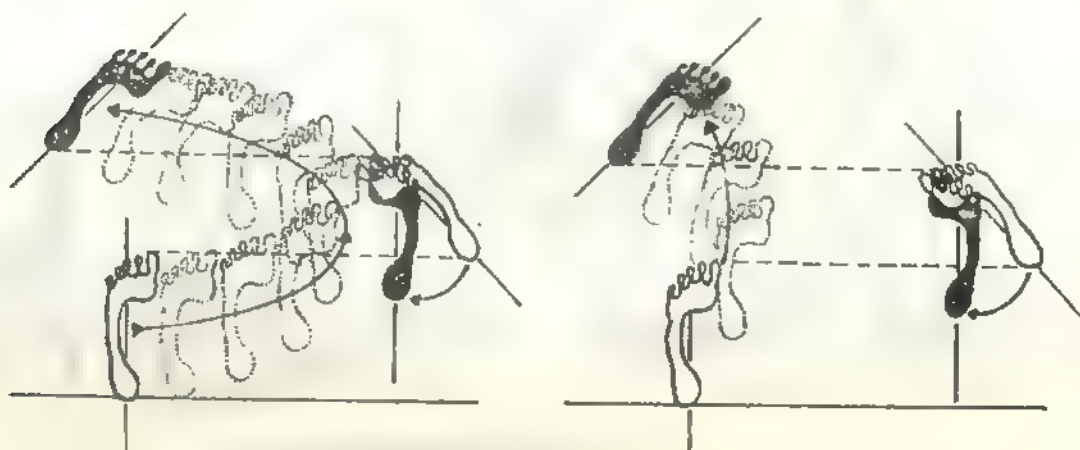


Sochin-dachi

Вольные боевые стойки

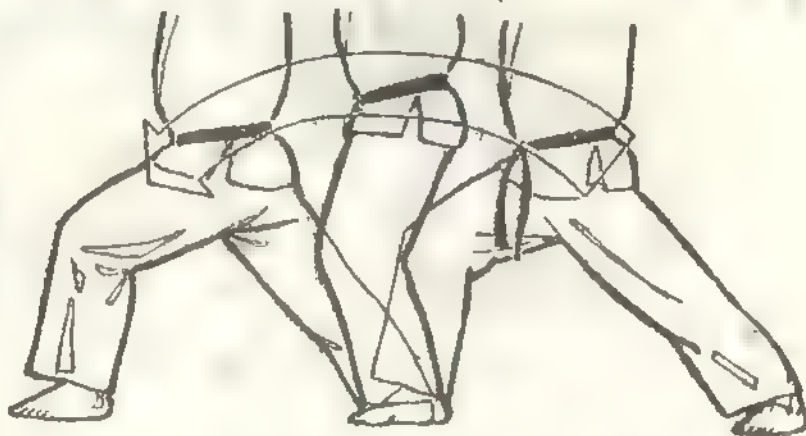
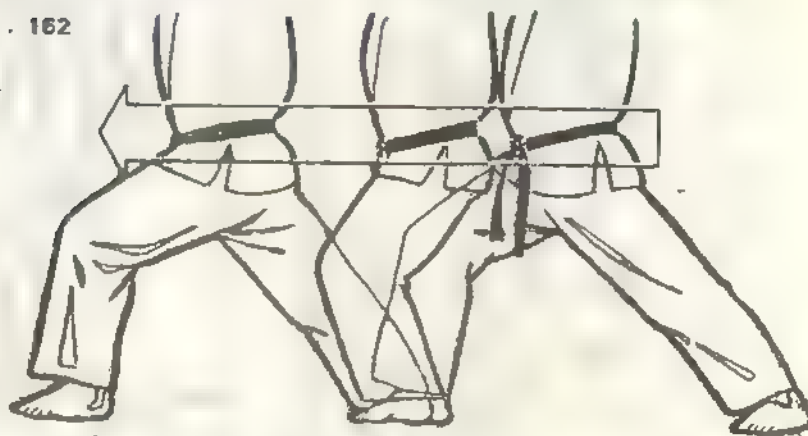


Передвижение в
Sanchin-dachi



Передвижение в Zenkutsu-dachi

162



Neko-ashi-dachi-hoko

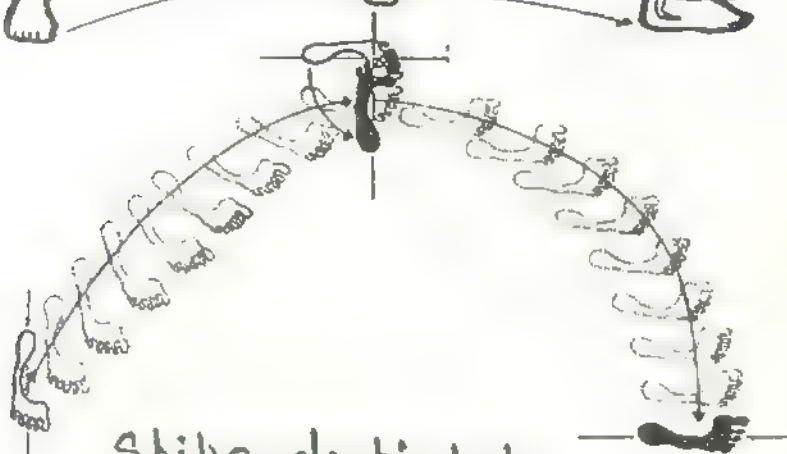
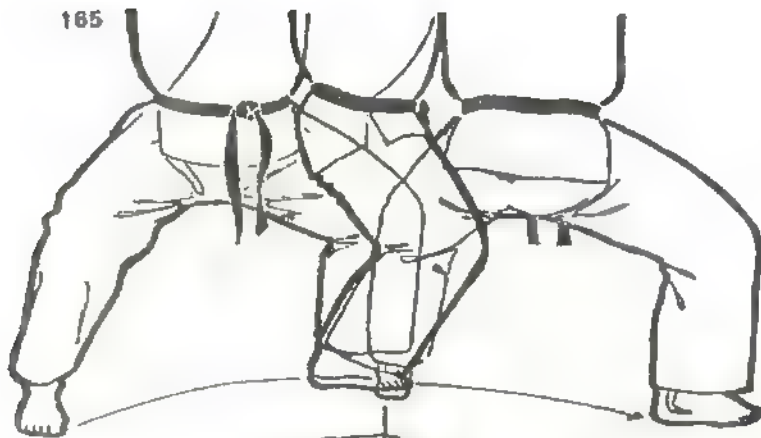
163



164

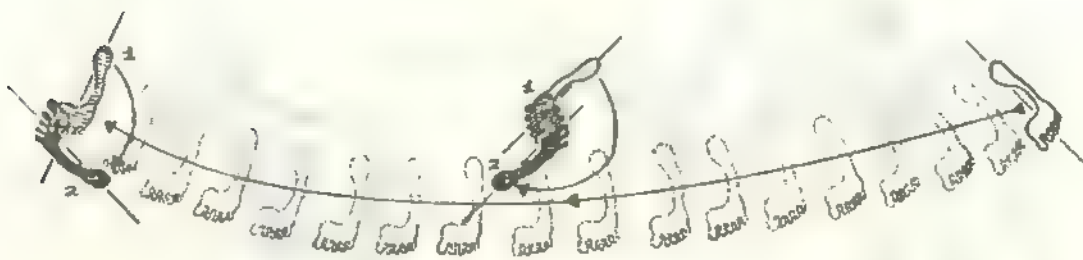
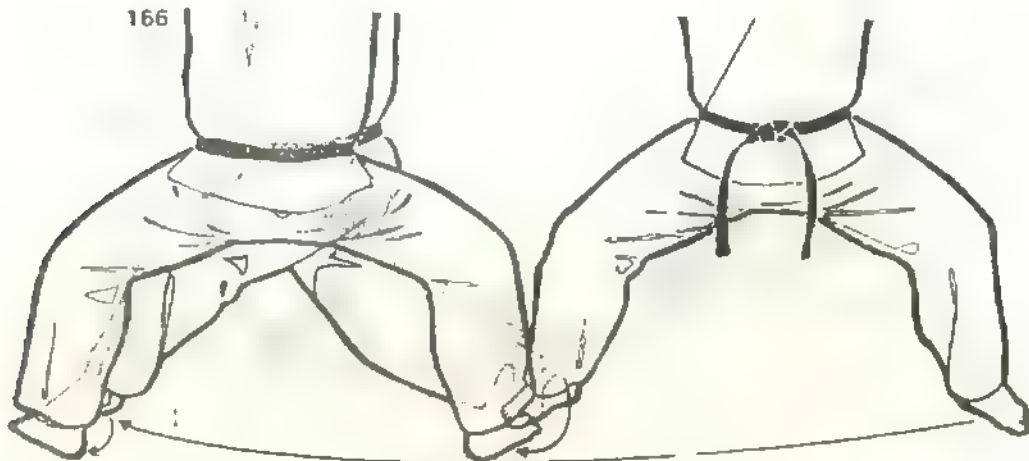


165

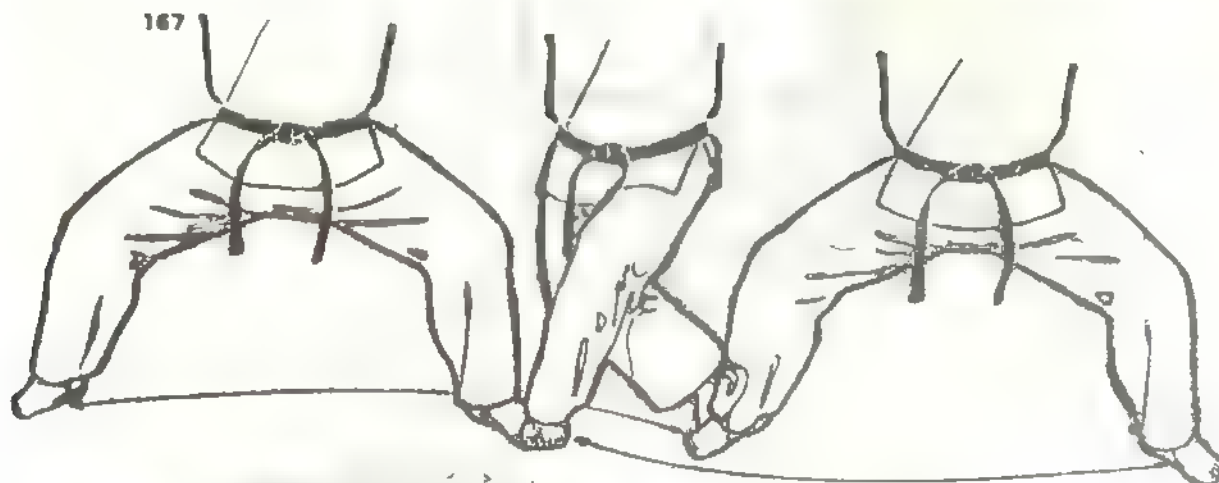


Shiko-daehi-hoko

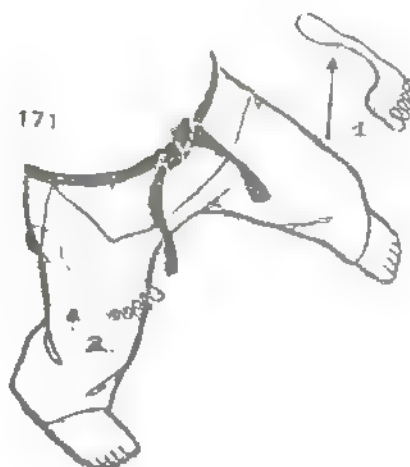
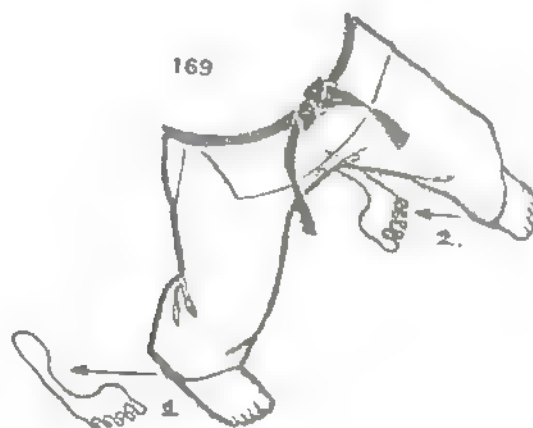
166

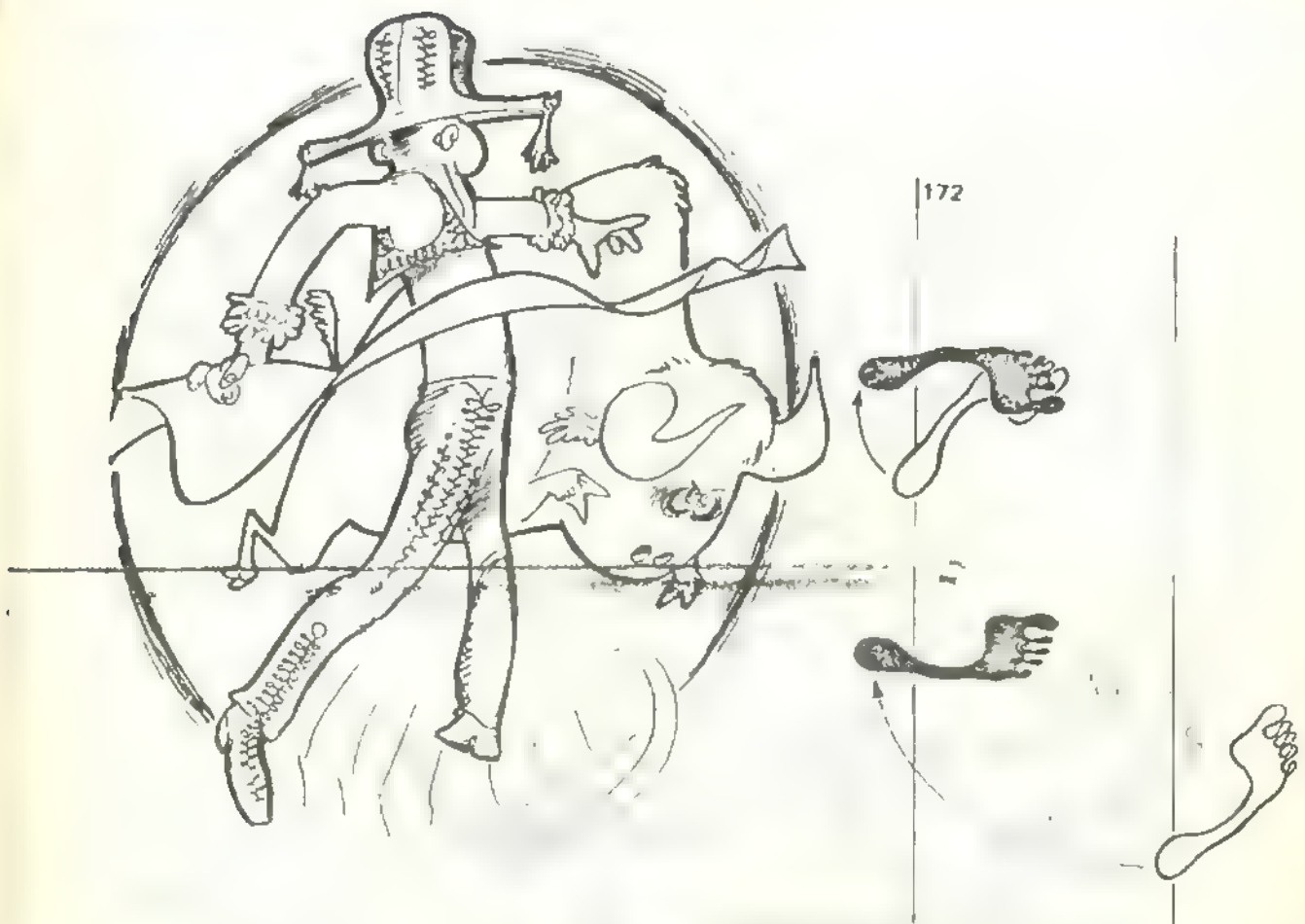


Ajumi-ashi B Shiko-daehi

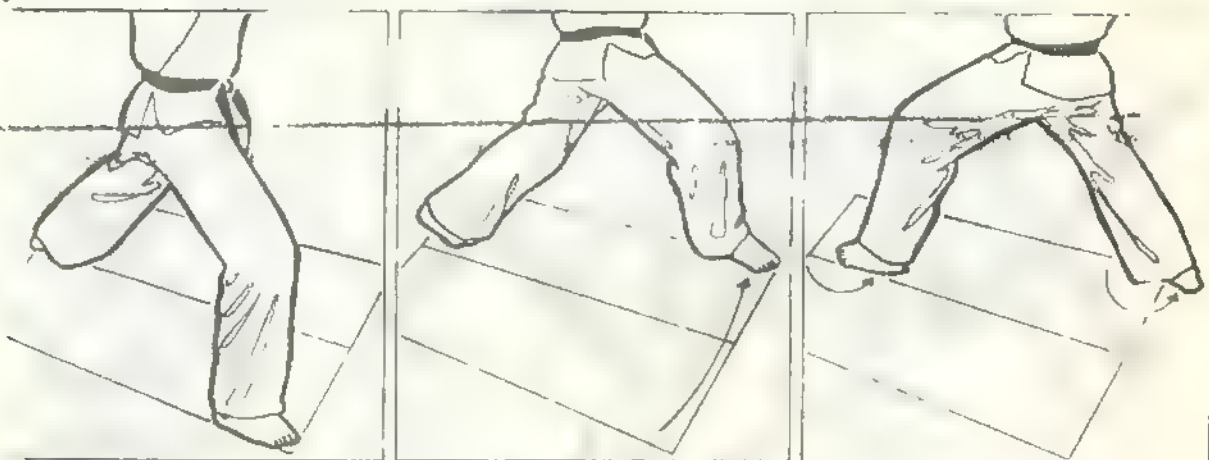


Ajumi-Ashi & Shiko-chirahi

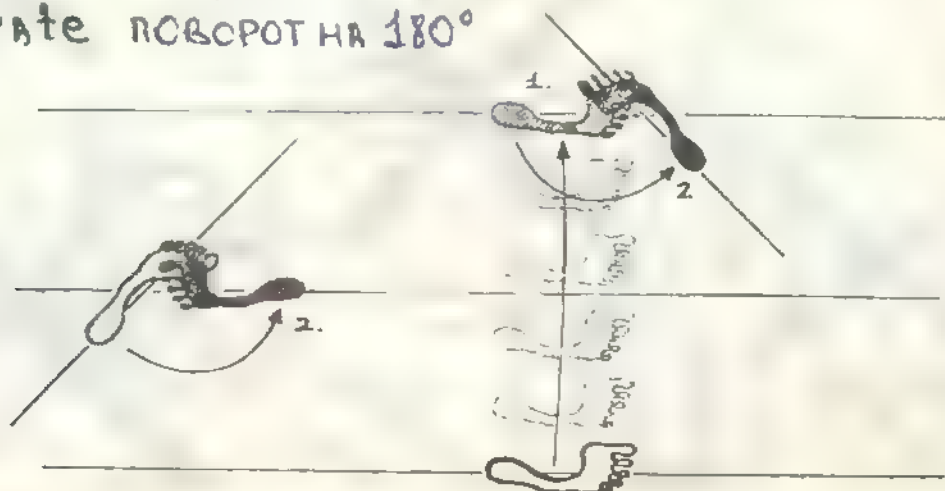


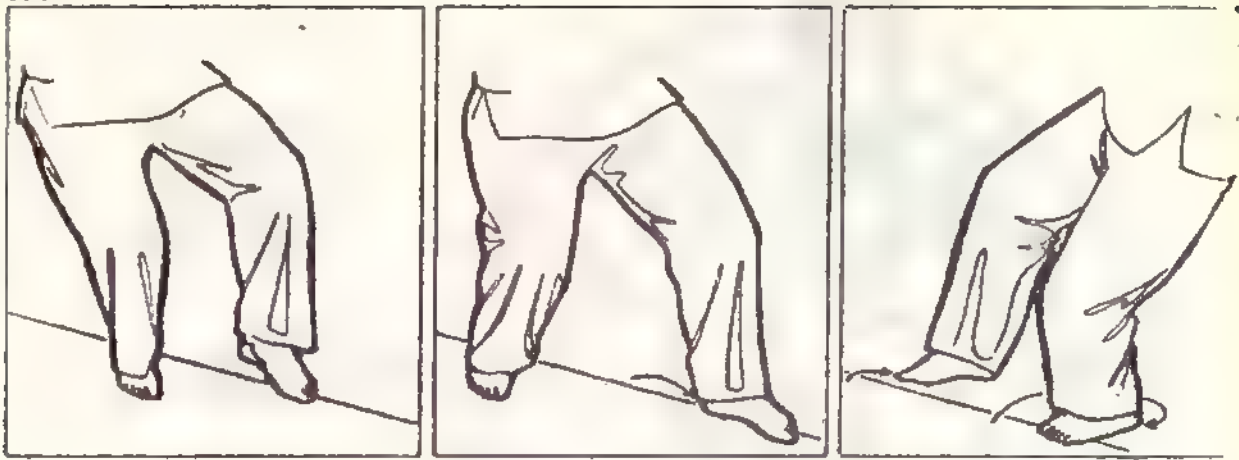


173

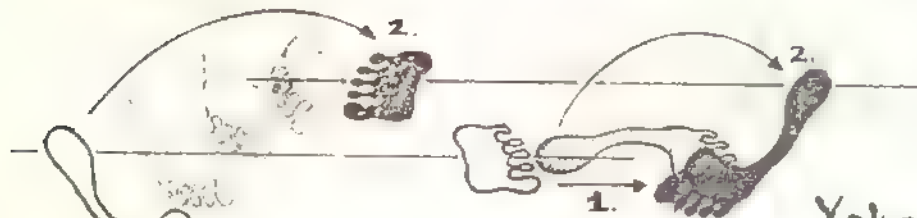


Машаге поворот на 180°





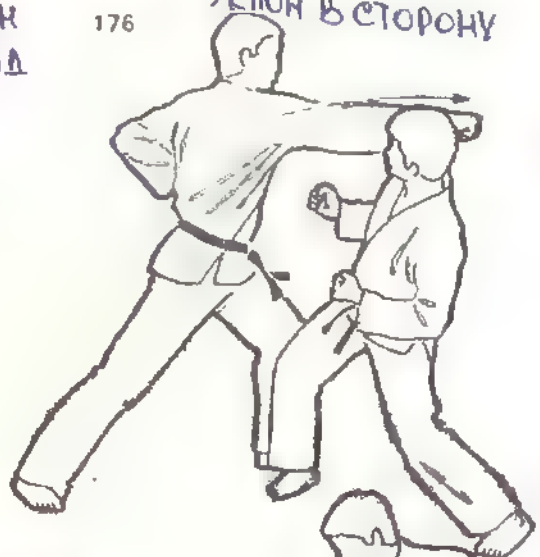
Mawate



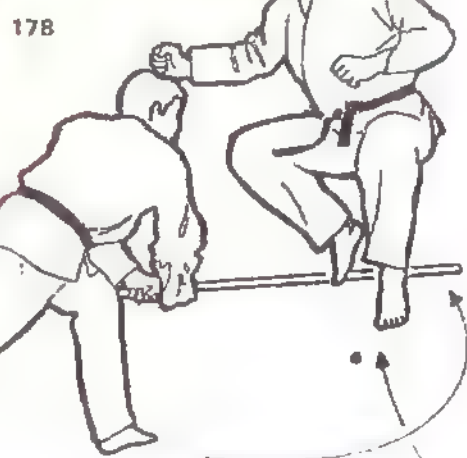
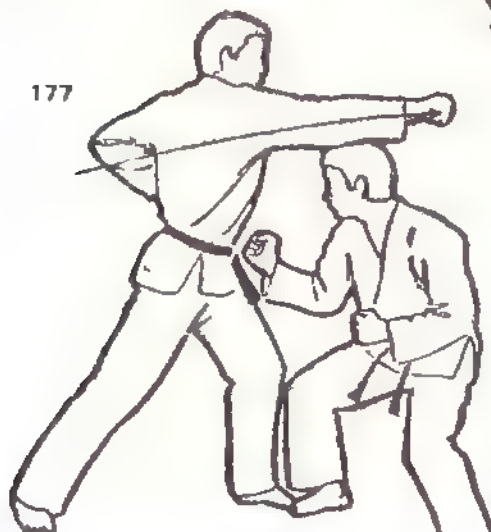
175 Mae-sori-mi УЛОМ НАЗАД



176 Yoko-furi-mi УЛОМ В СТОРОНУ



177 ТЕУНИКА УЛОМОВ



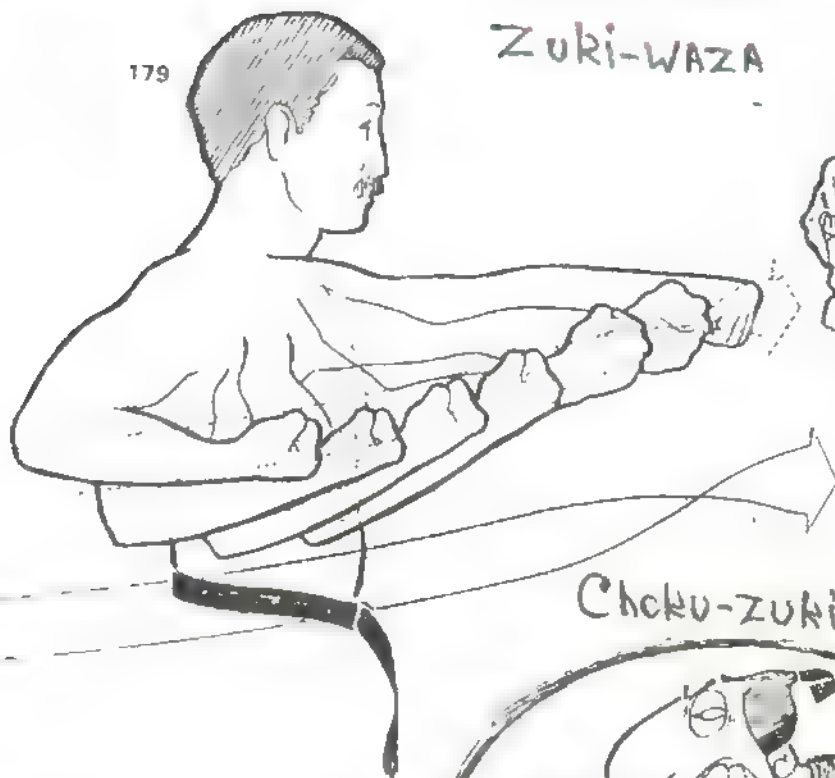
20 Otoshi-mi УЛОМ СТЫБАНИЕМ НОГ

Tobi-mi УЛОМ ПРЫЖКОМ

Прямые удары кулаком

Zuki-waza

179

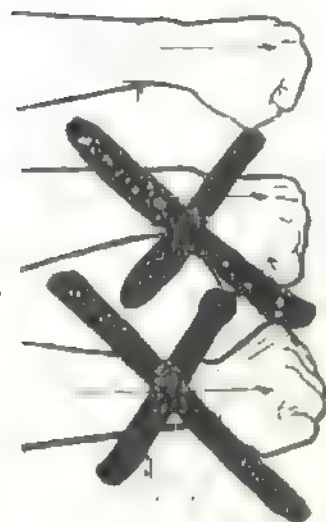


Choku-zuki

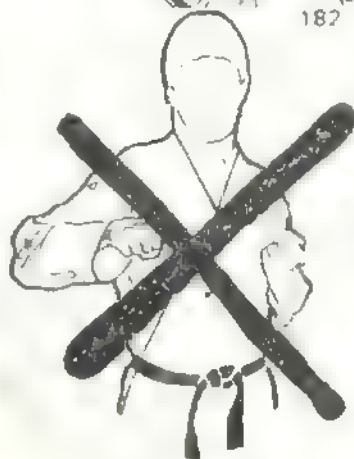
180



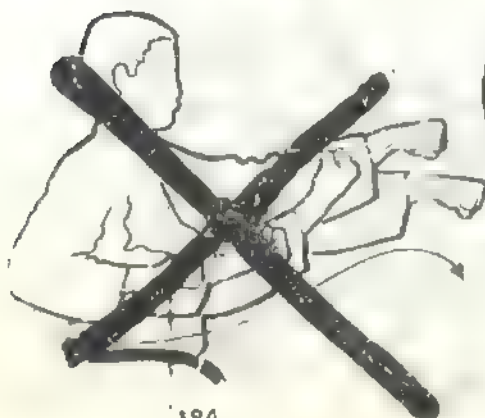
181



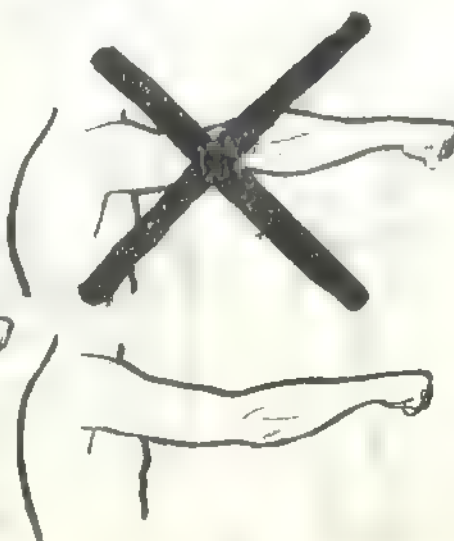
182



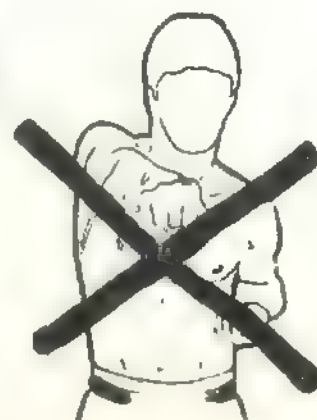
183



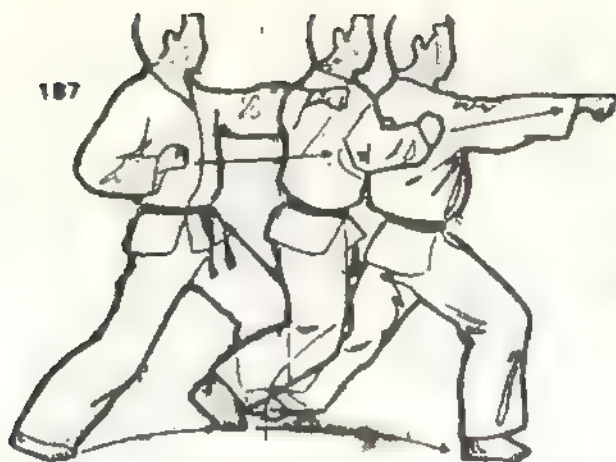
184



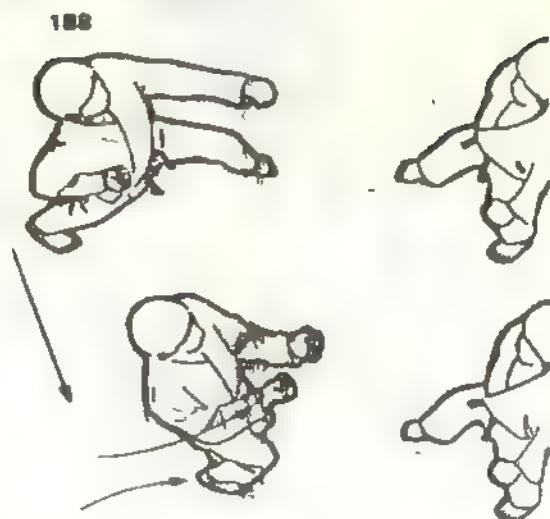
185



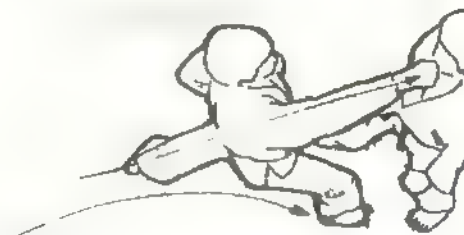
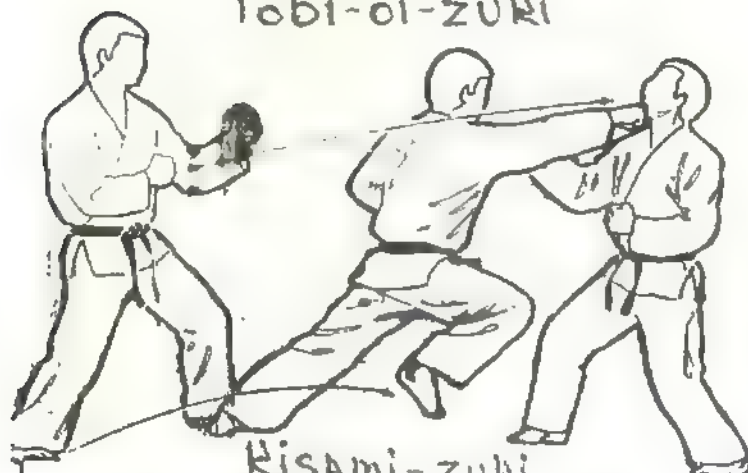
186



Oi-zuki



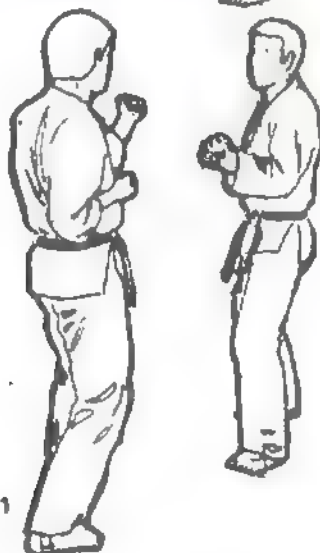
Tobi-oi-zuki



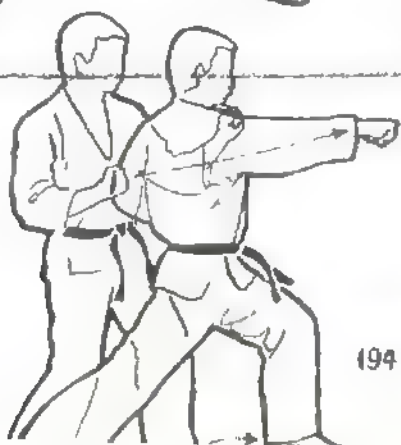
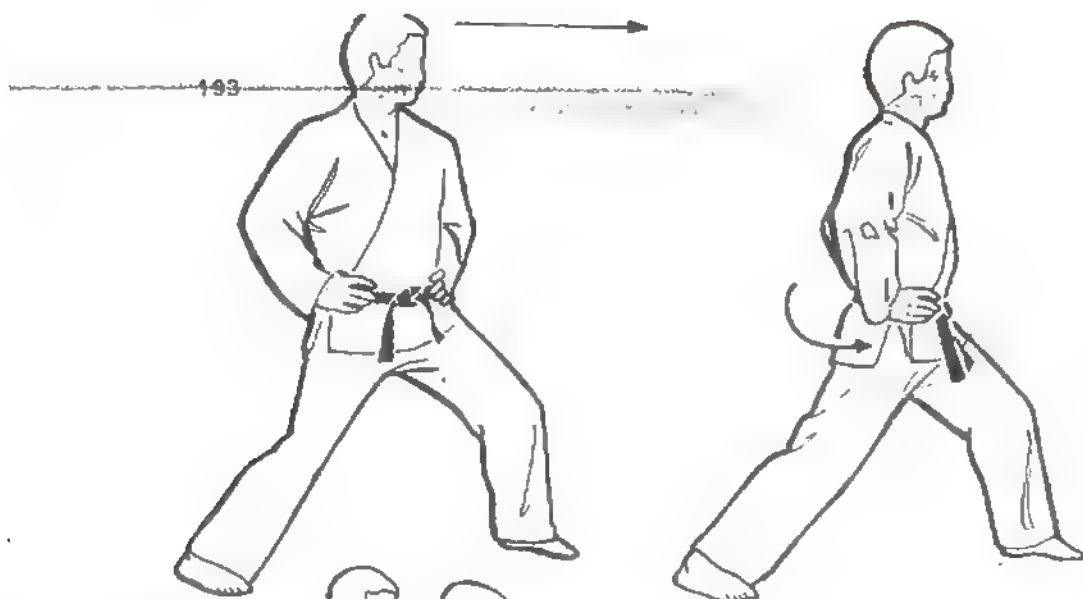
Kisami-zuki



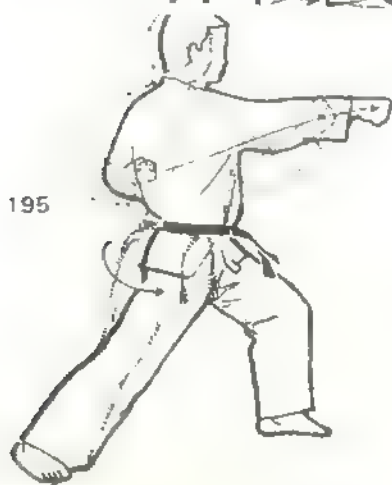
189 Jun-zuki-no-tsukomi



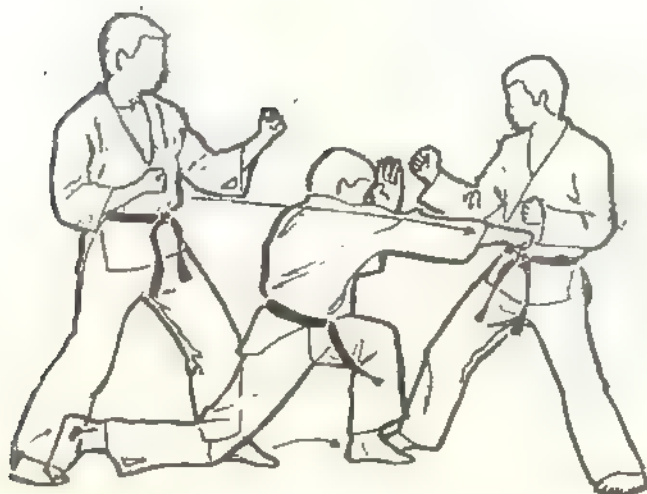
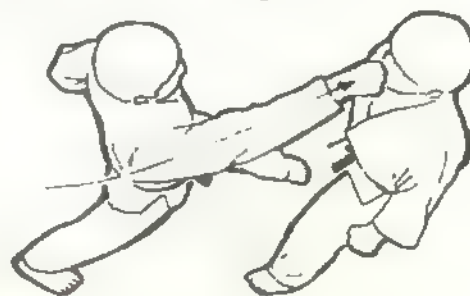
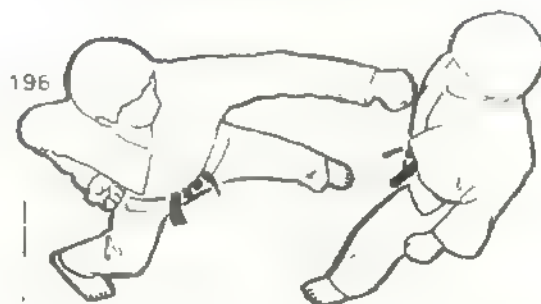
Nagachi-zuki



GYAKU-zuki



Ren-zuki





YAMA-ZUKI



Heiko-zuki



HASAMI-ZUKI



201

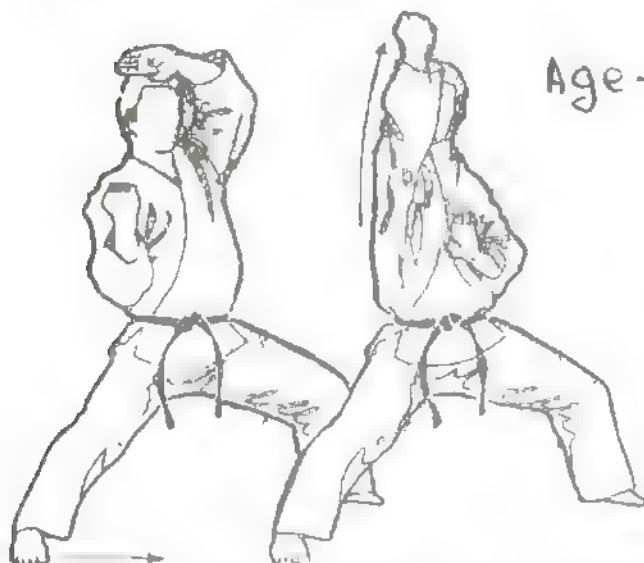
Kagi-zuki



203



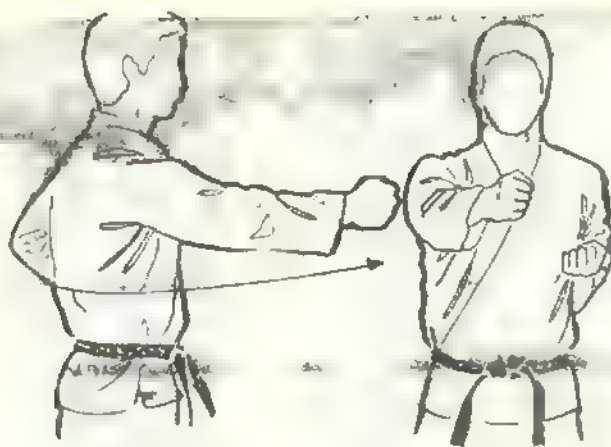
Age-zuki



204



205



206

Tate-zuki

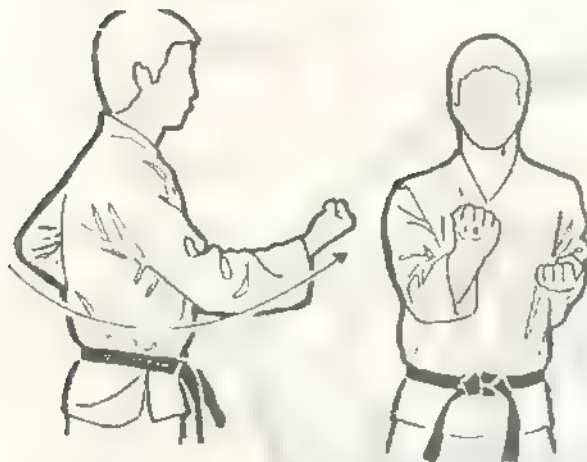


207



208

Shita-zuki



209

(Ura-zuki)



210



211



212



Teisho-zuki 213



Hokite



216

Ippon-ken-zuki 214 NAKADAKA-ken-zuki 215



ippou-zuki



217



Nihon-zuki

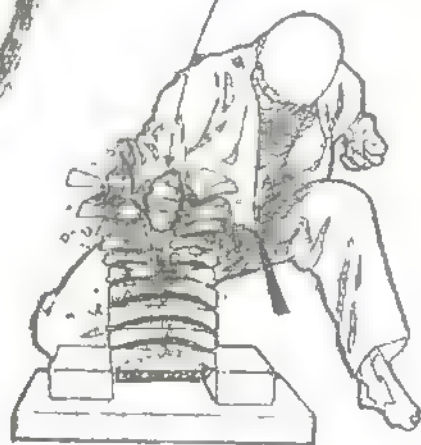


218

Uchi - WAZA
КРУГОВЫЕ УДАРЫ
РУКАМИ

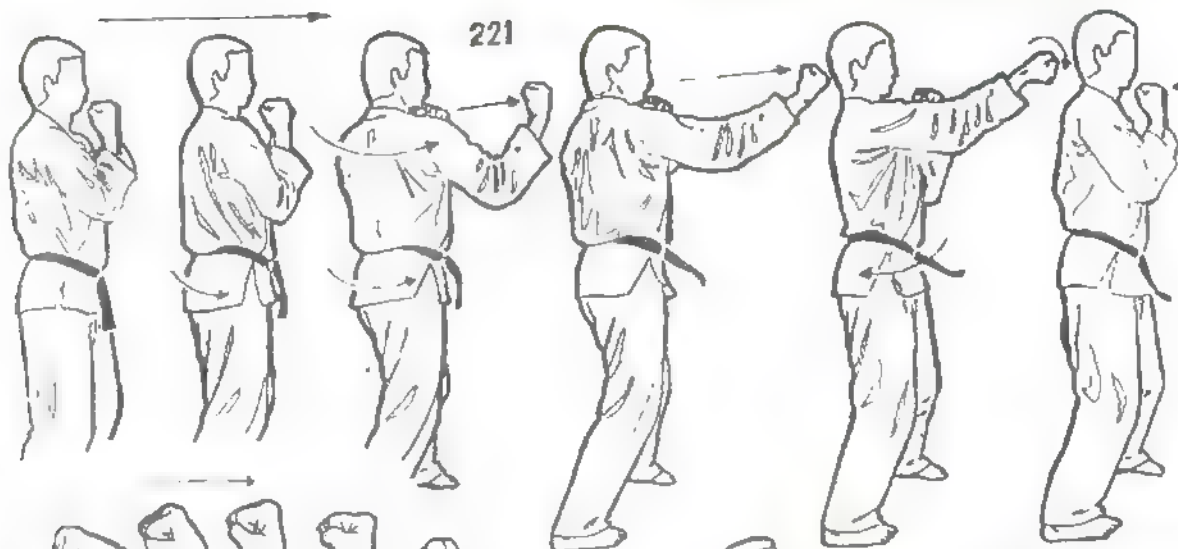


219



220

Shomen - uraken - uchi



221



222

SAYO - uraken - uchi

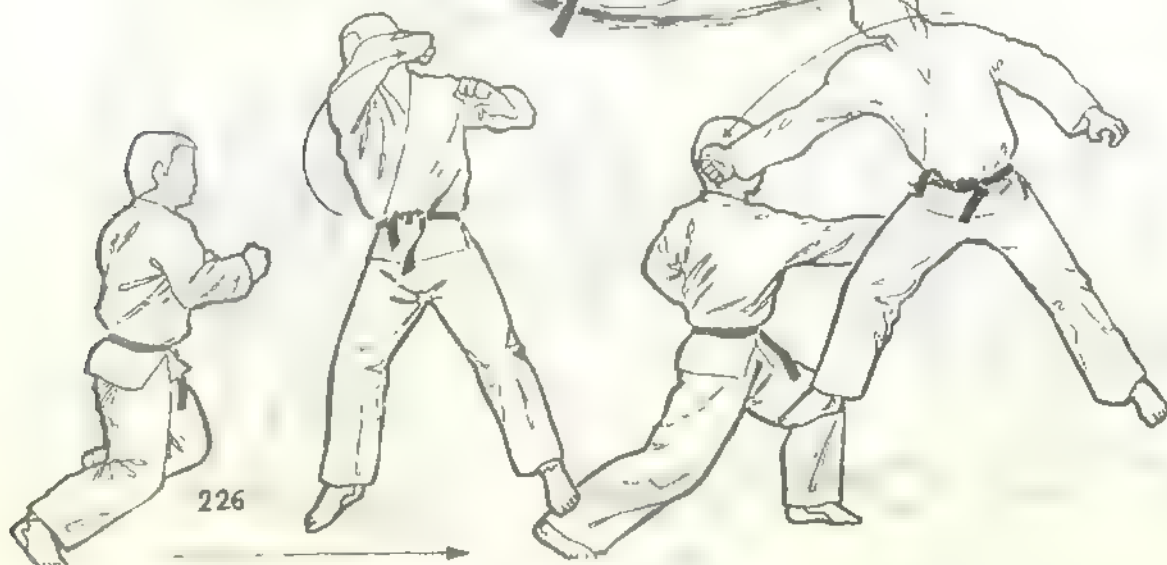


224

Yokomen - uraken - uchi



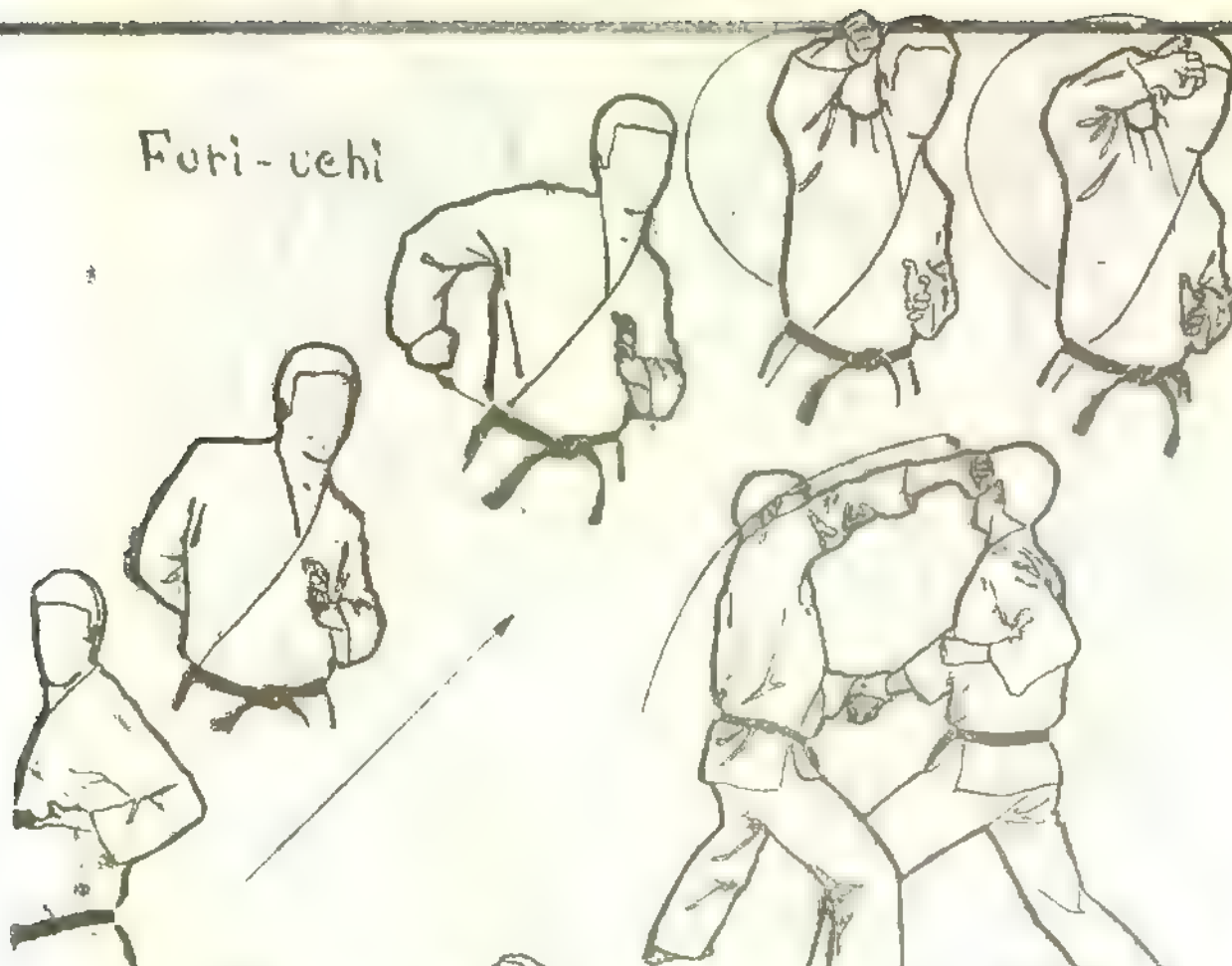
225



226

Tobi - Yokomen - uraken - uchi

Fori-uchi

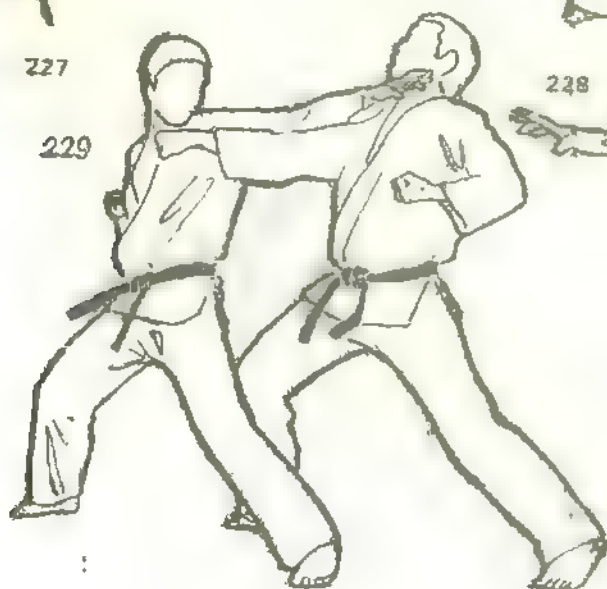


227

229

228

230

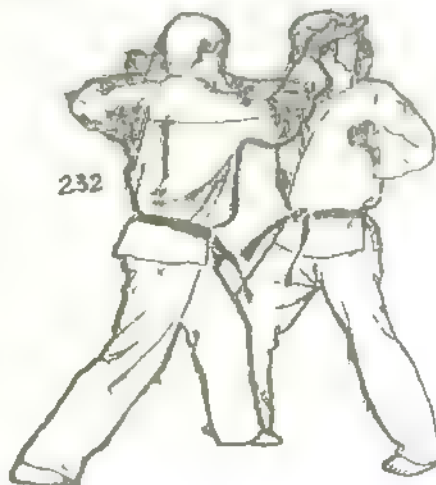


Yokomen-shuto-uchi

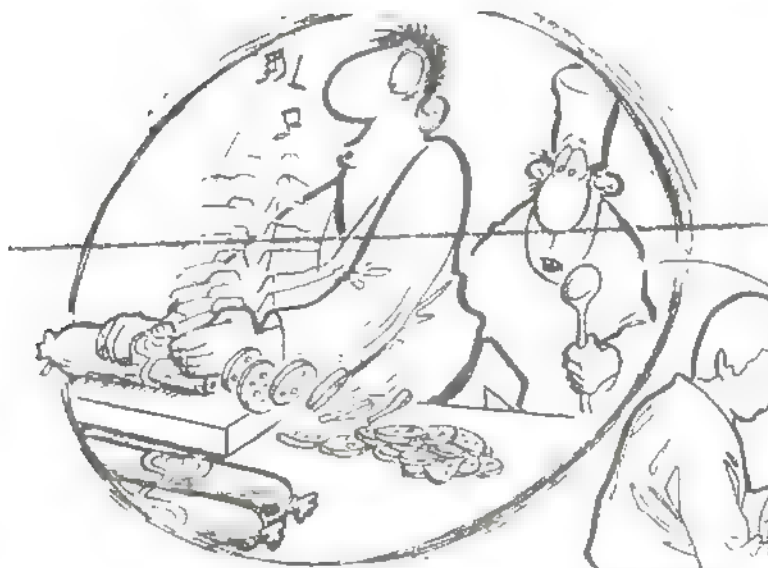
228

231

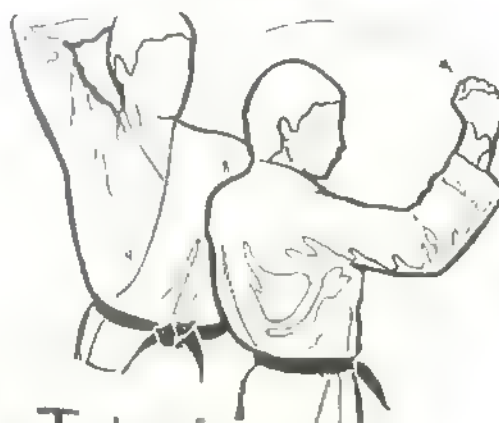
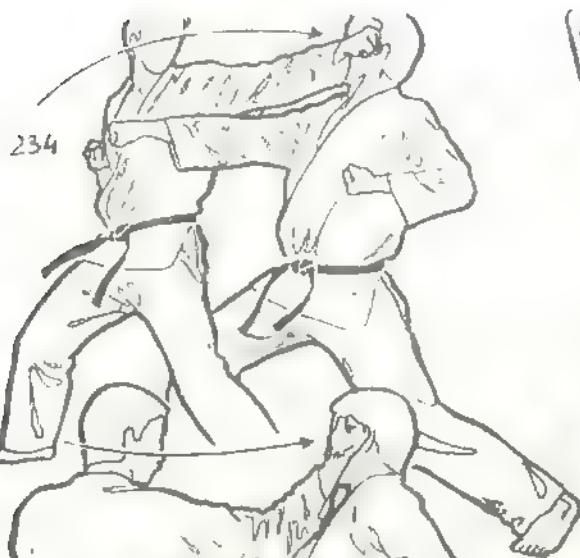
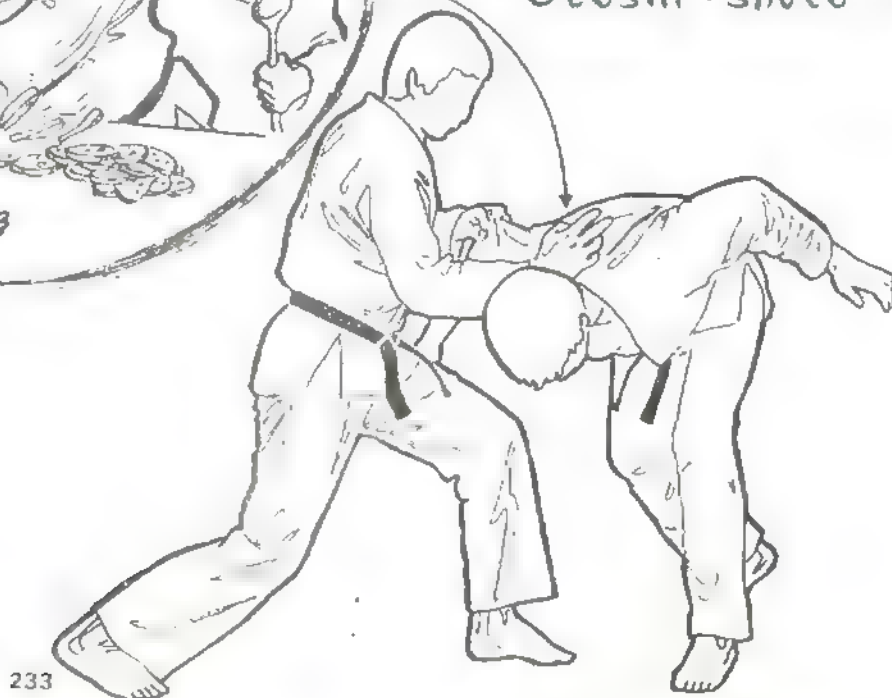
232



Gammen-shuto-uchi

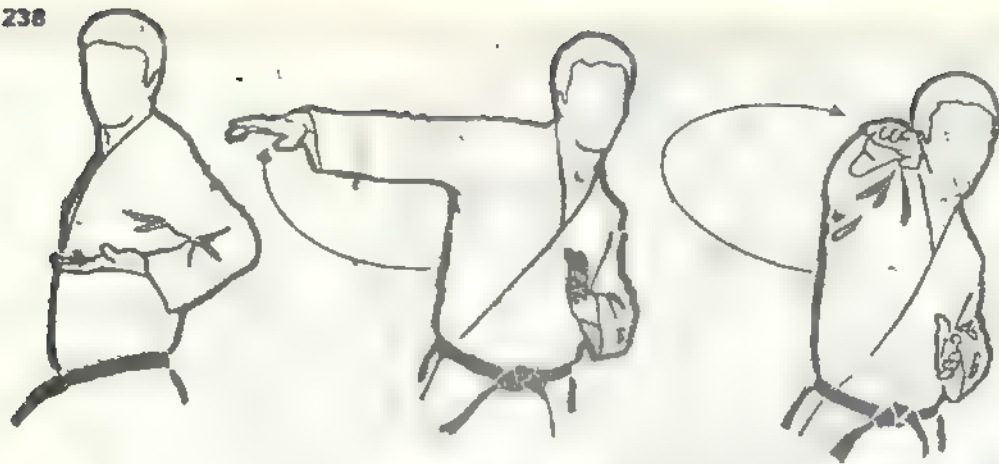


Otoshi-shuto-uchi



Tetsui-uchi

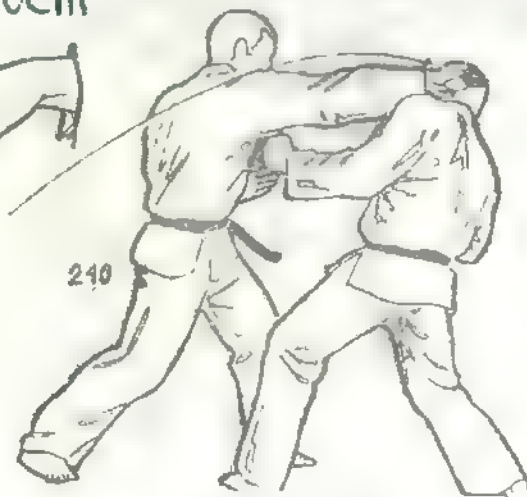




Haito-uchi

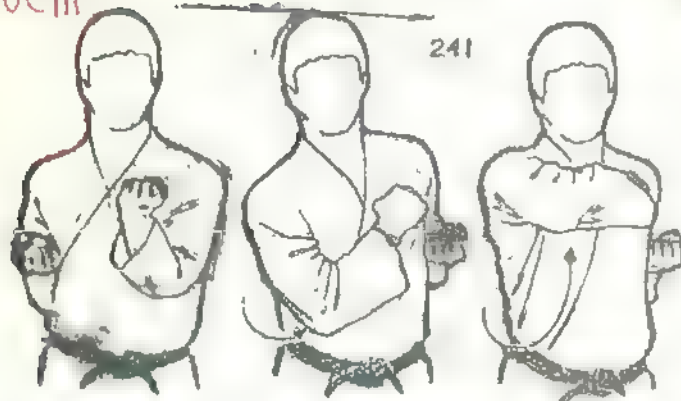


239



240

Empi-uchi



241



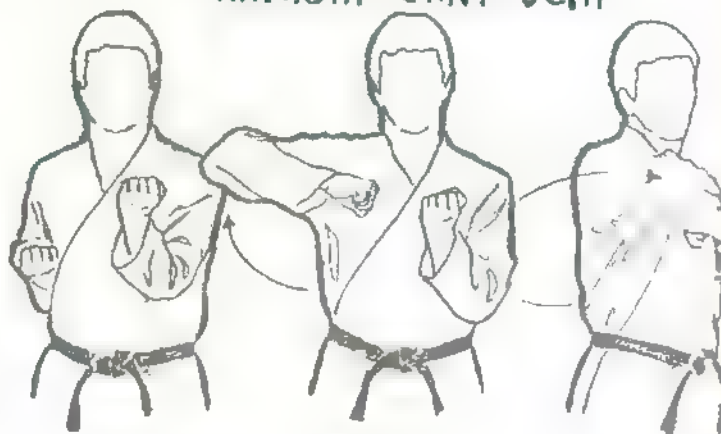
242

Mae-empi-uchi



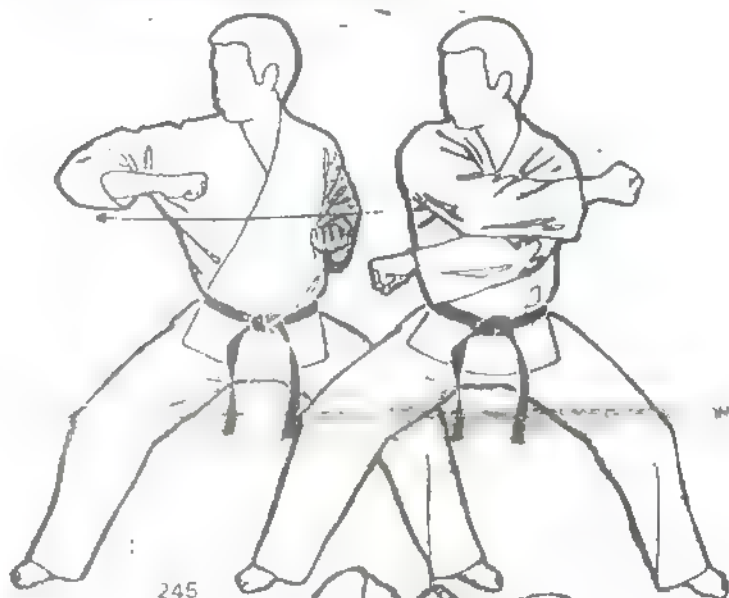
243

Mawashi-empi-uchi



244

Yoko-empi-uchi



Age-empi-uchi



Ushi-ro-empi-uchi

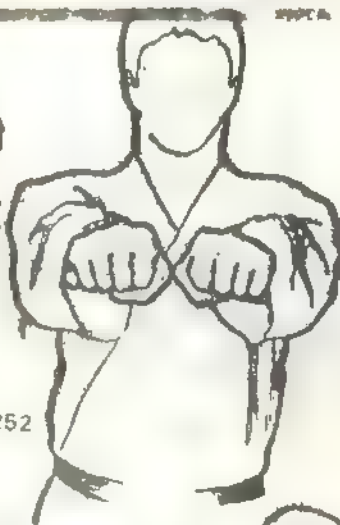
Otoshi-empi-uchi

248





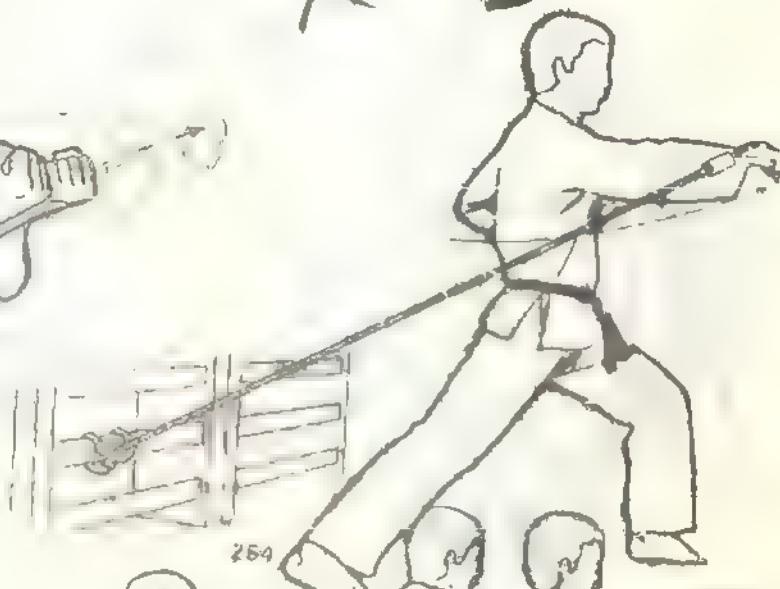
251



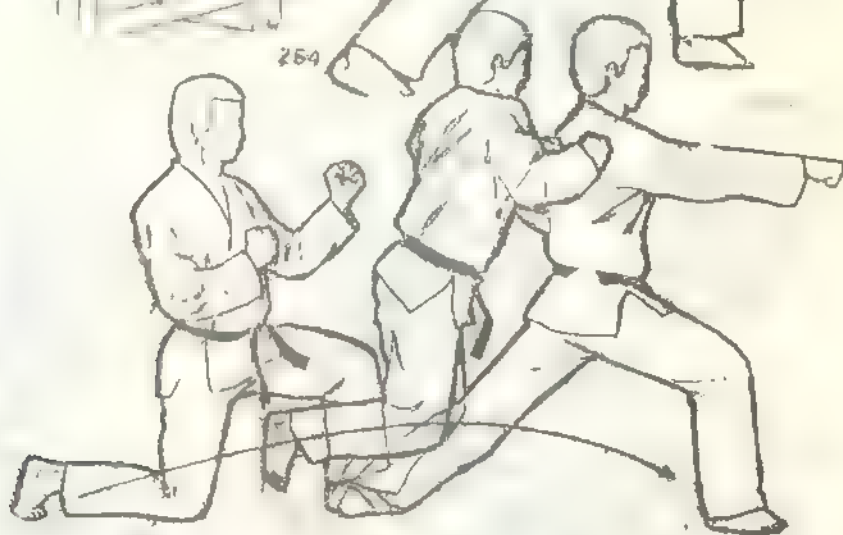
252



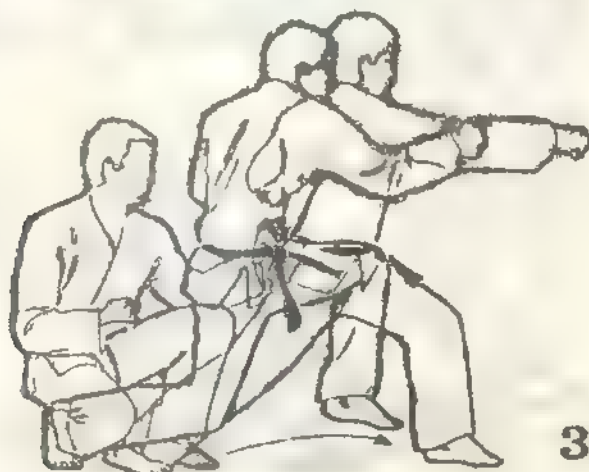
253



254



255



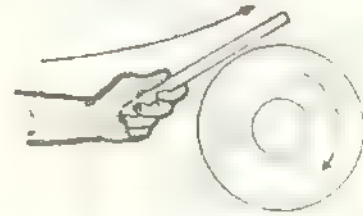
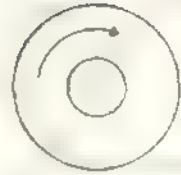
256

UKE-WAZA БЛОКИ РYКАМИ

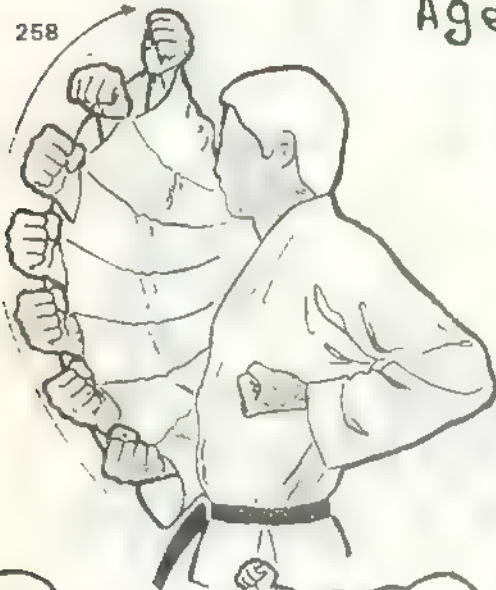
257



259



258



Age-uke

260



261



Soto-uke

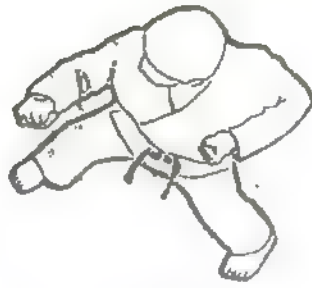
263



Yoko-uke



263



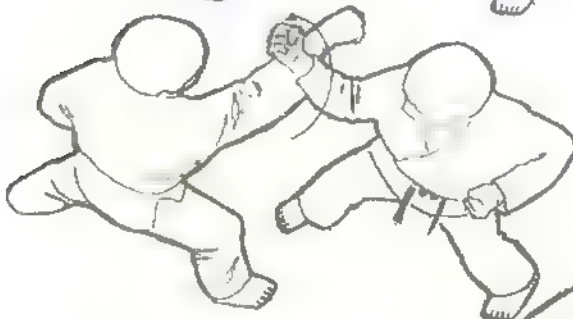
265



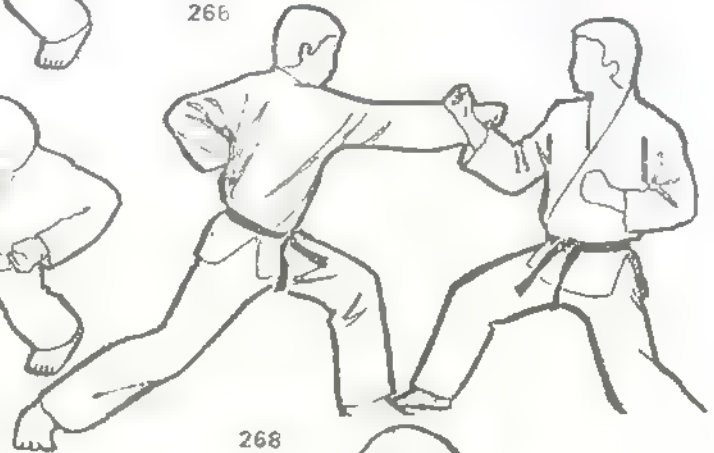
(Uchi-uke)



266

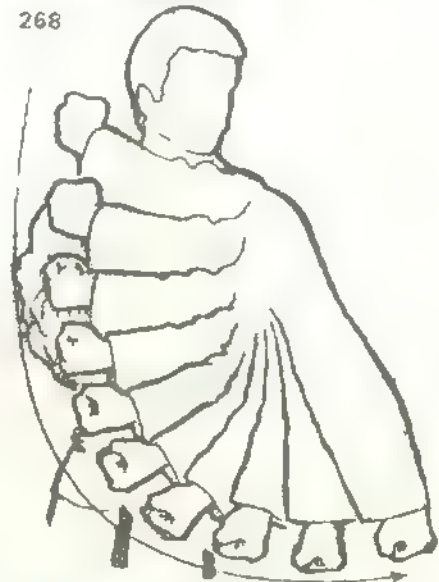


267



268

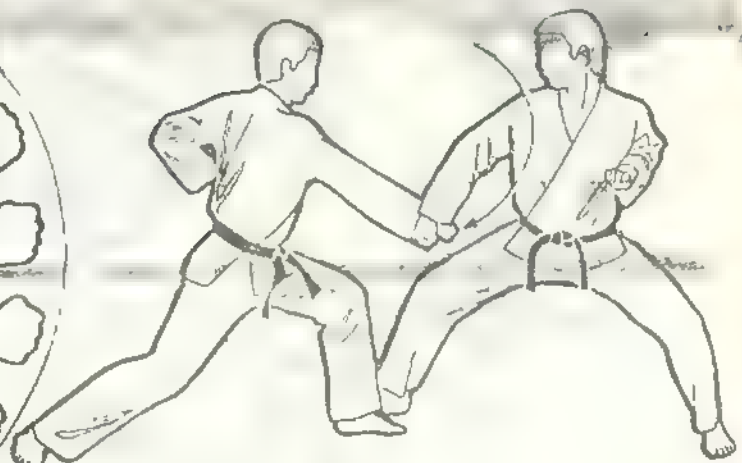
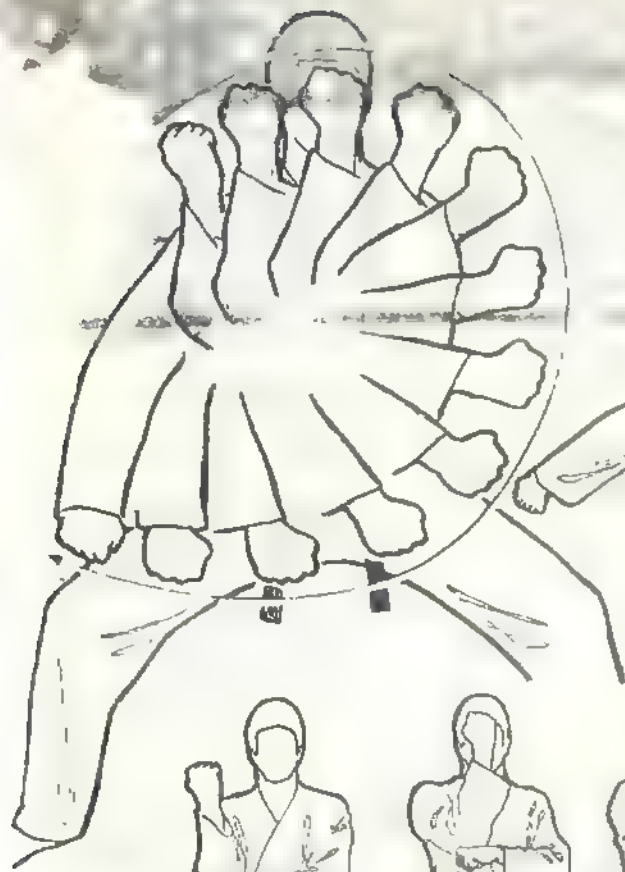
Gedan-barai



269



HARAI-otoshi-uke



(Chudan-barai)



272

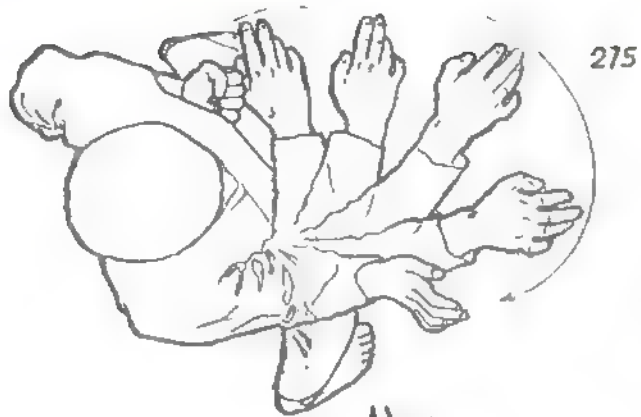


273



Shuto-uke





275

Kake-uke

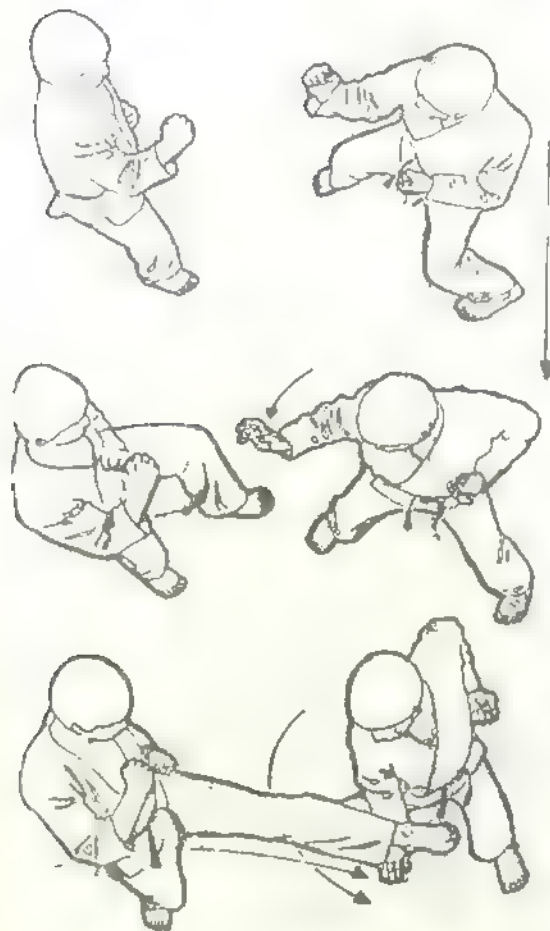


276



Sukui-uke

278



277

279



280





281

282



Nagashi-uke



283



284



Kakoto-uke

285



286

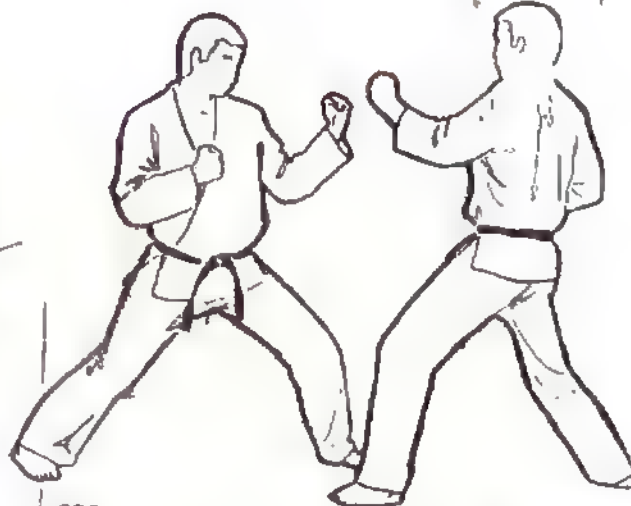
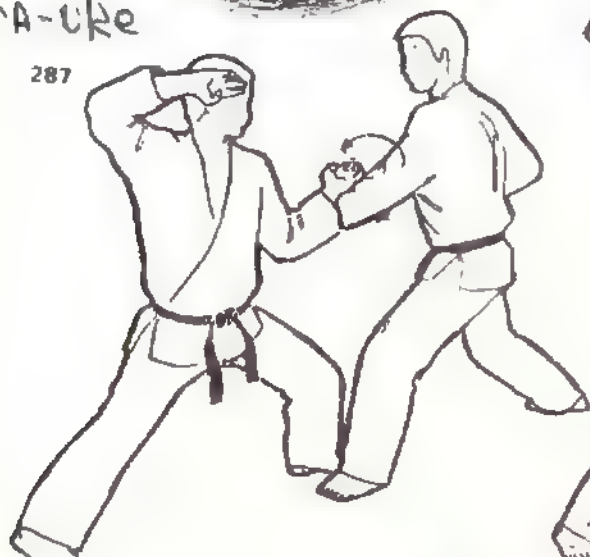
Teisho-uke



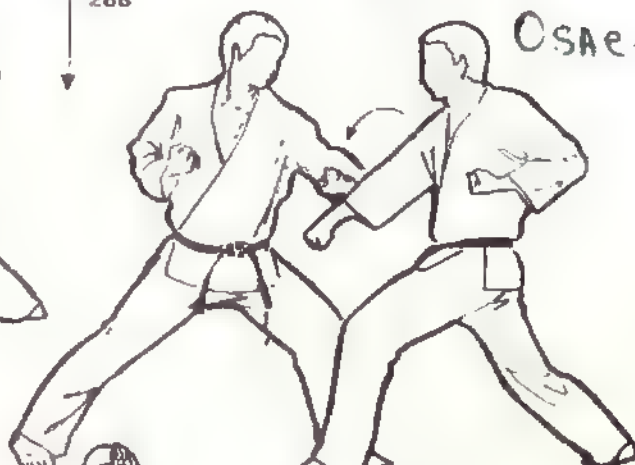


Ura-uke

287



288



Osaie-uke



Mawashi-uke



289

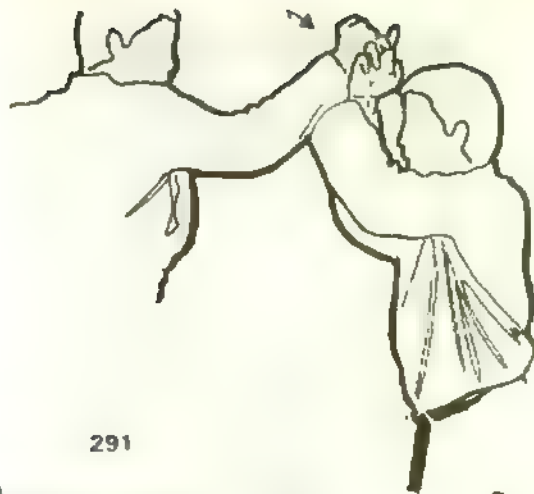


290



39

Juji-uke



291



292

Teisho-AWASE-uke

293

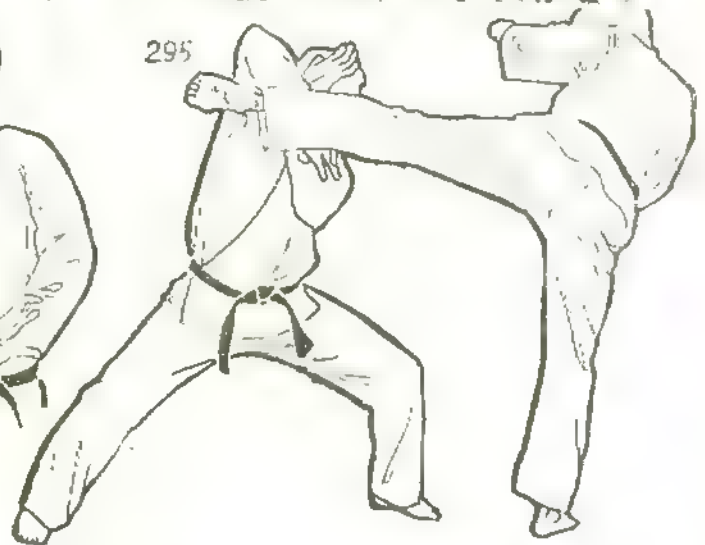


294

Cho-uke



295



Soe-uke



40

298

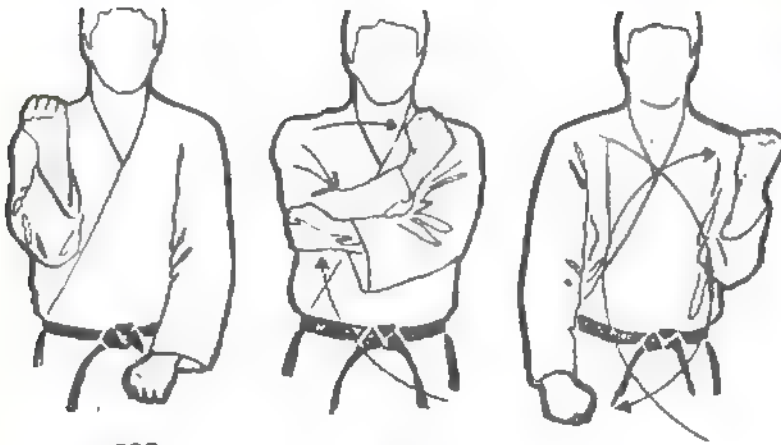
(Sokumen-AWASE-uke)



299



Djoge - uke (Uchi-uke - gedan-barai)



298



300



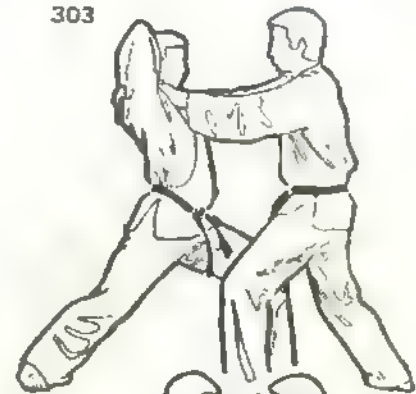
299



301

Yama - uke

303

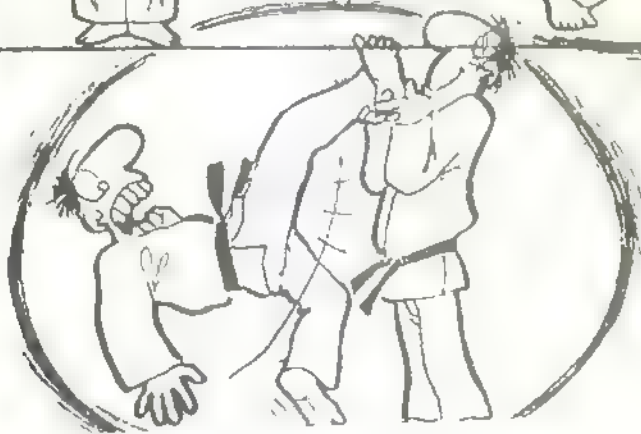


Monote - kake - uke

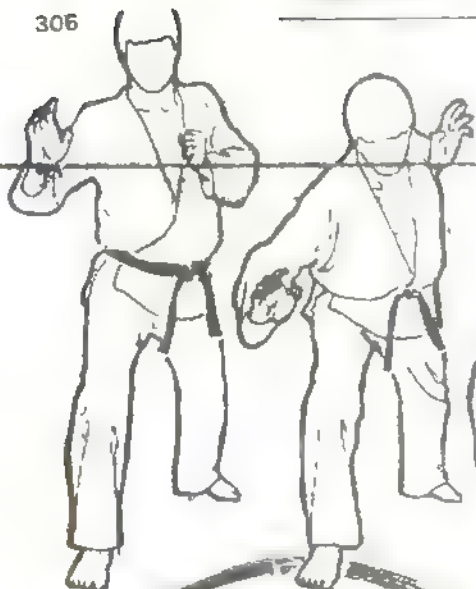


Morote-sukui-uke
304

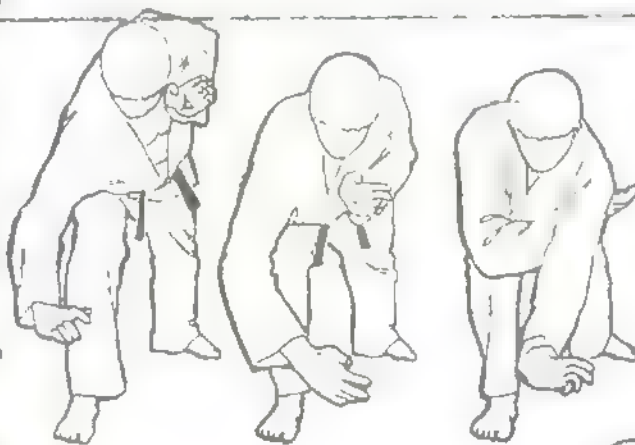
Morote-otoshi-uke
305



306



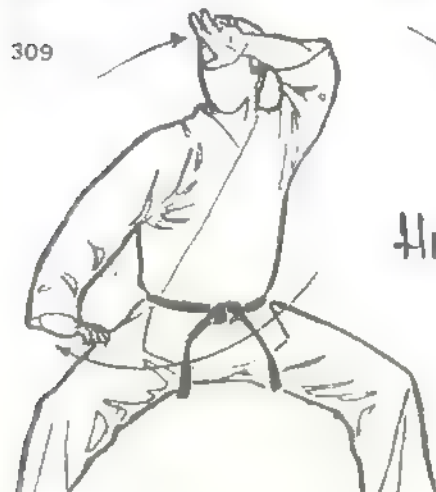
Morote-sukui-uke



307

308

309

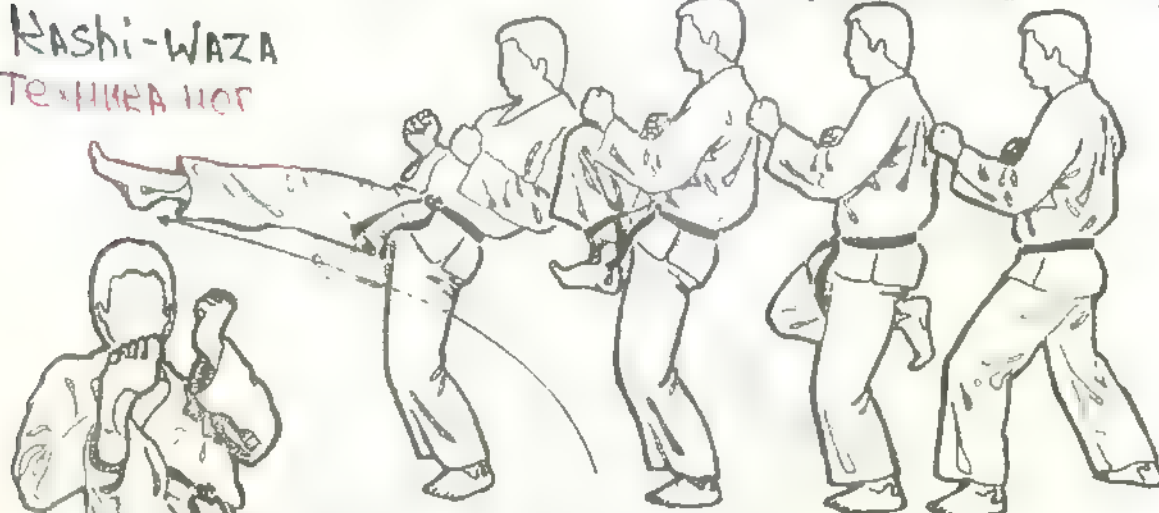


Hani-uke



310

KASHI-WAZA
TE-HUWA UOT

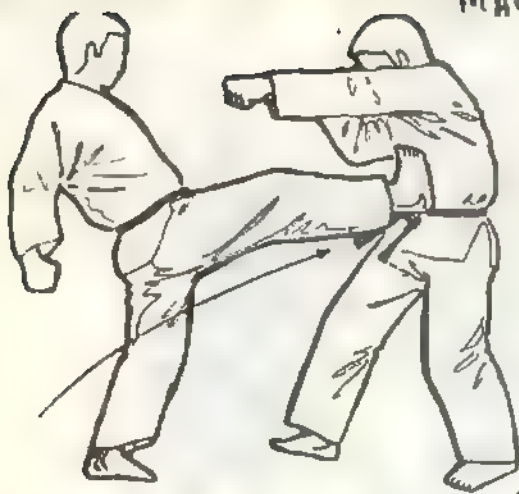


311 MAE-GENI

43

312

Mae-kakato-geri



313

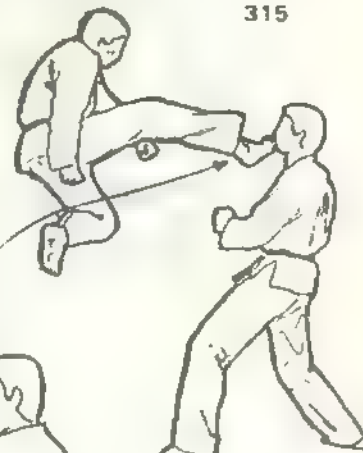
Tobi-mae-geri



314



315



Nidan-tobi-geri



316

Kogan-geri

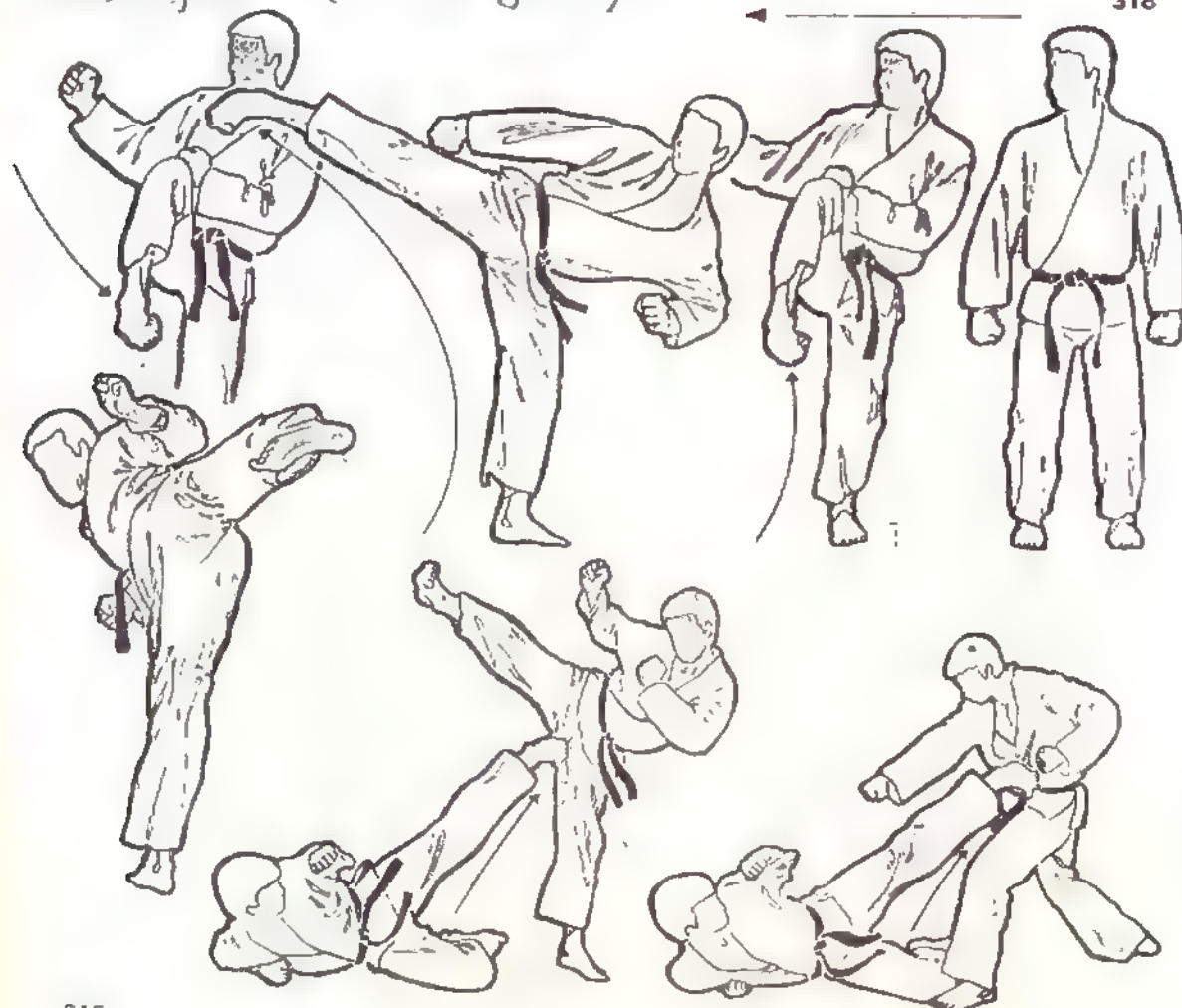
(Kin-geri)

317



Sokuro-geri (Yoko-geri)

318

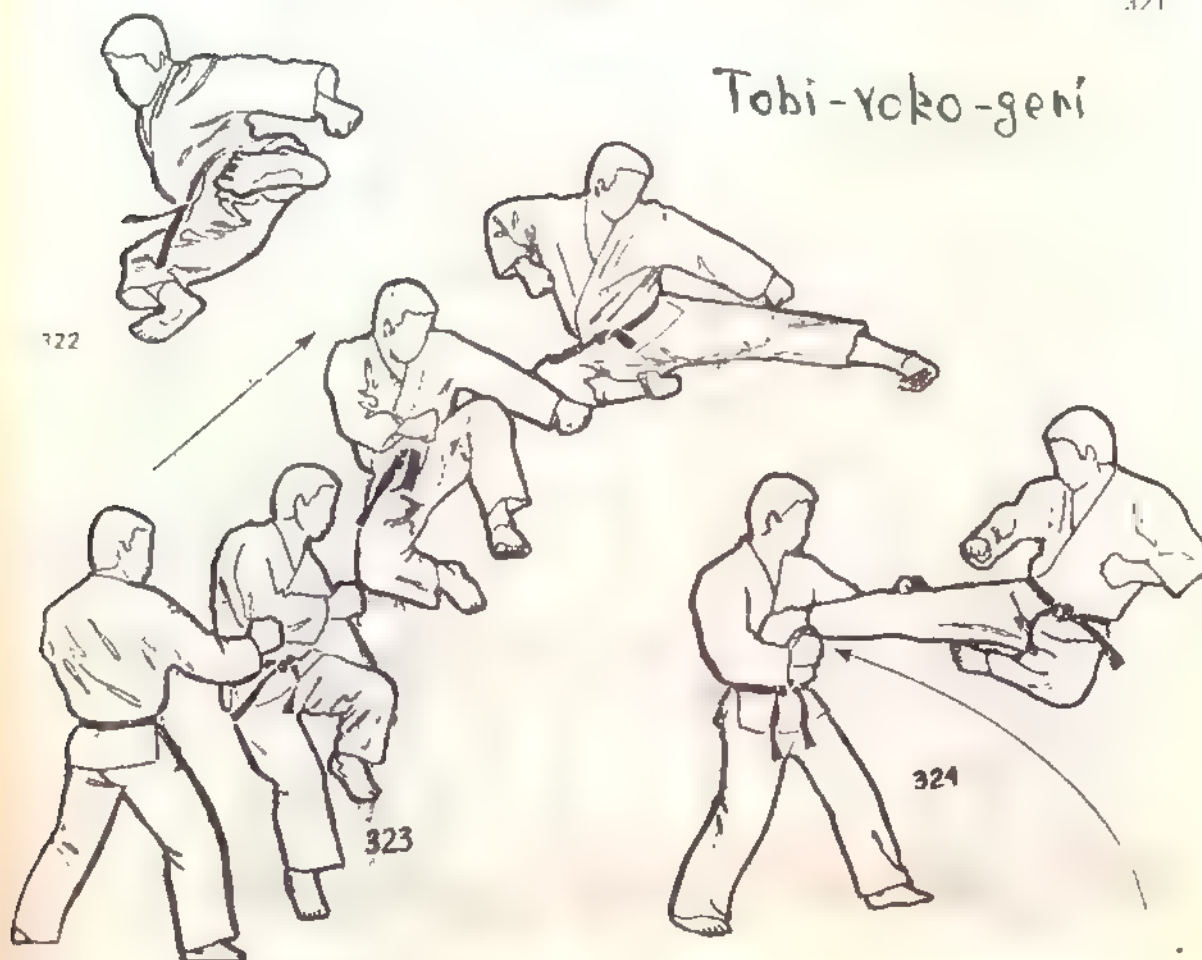


319

320

321

Tobi-yoko-geri

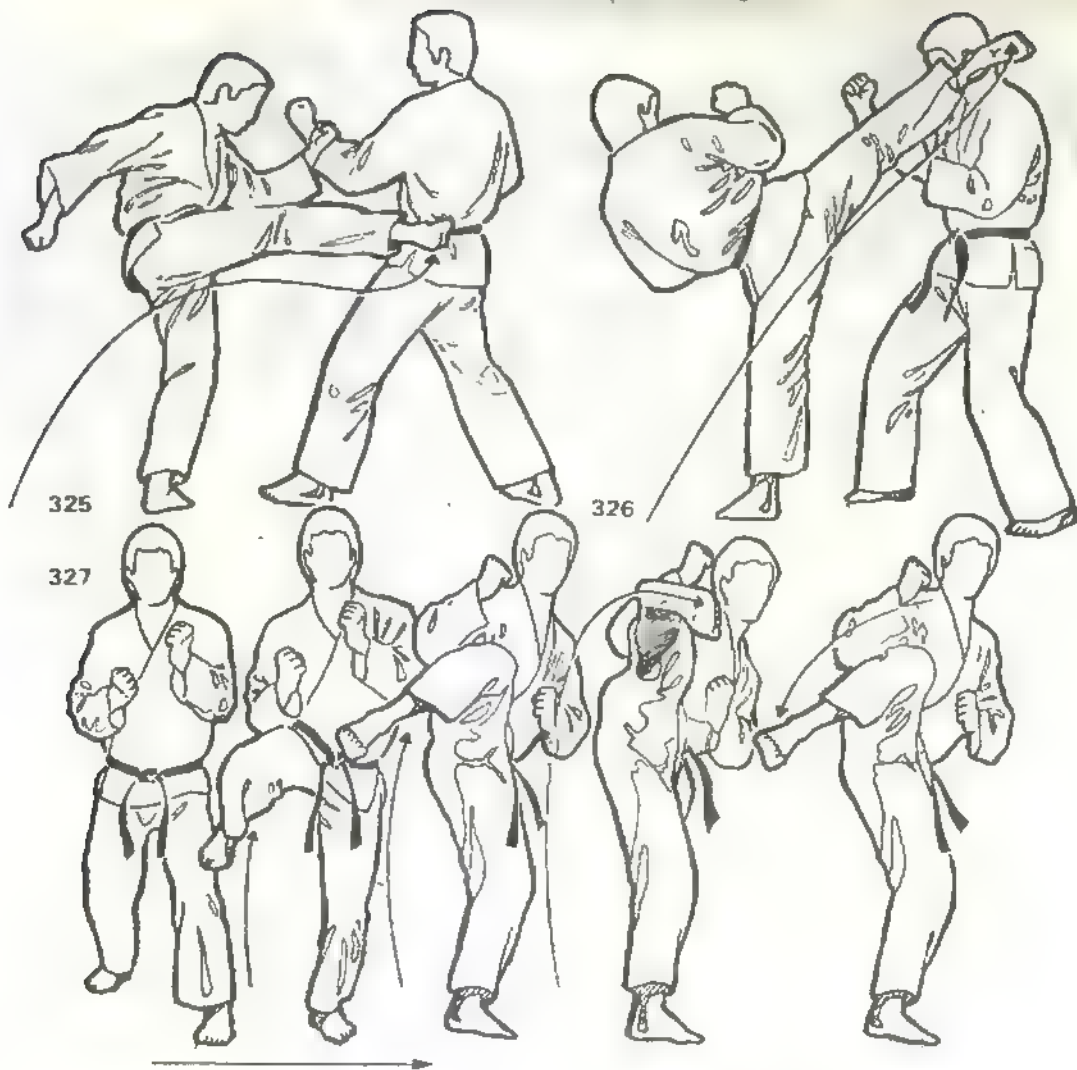


322

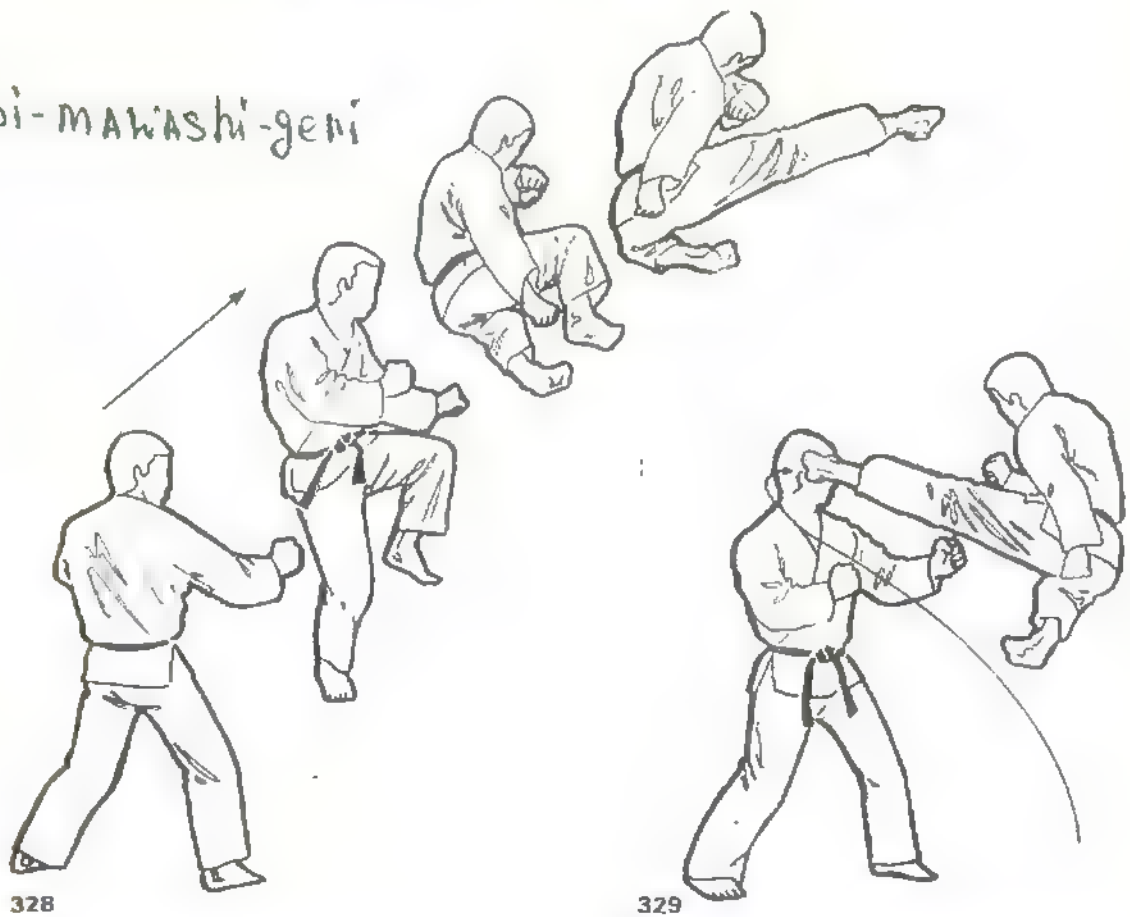
323

324

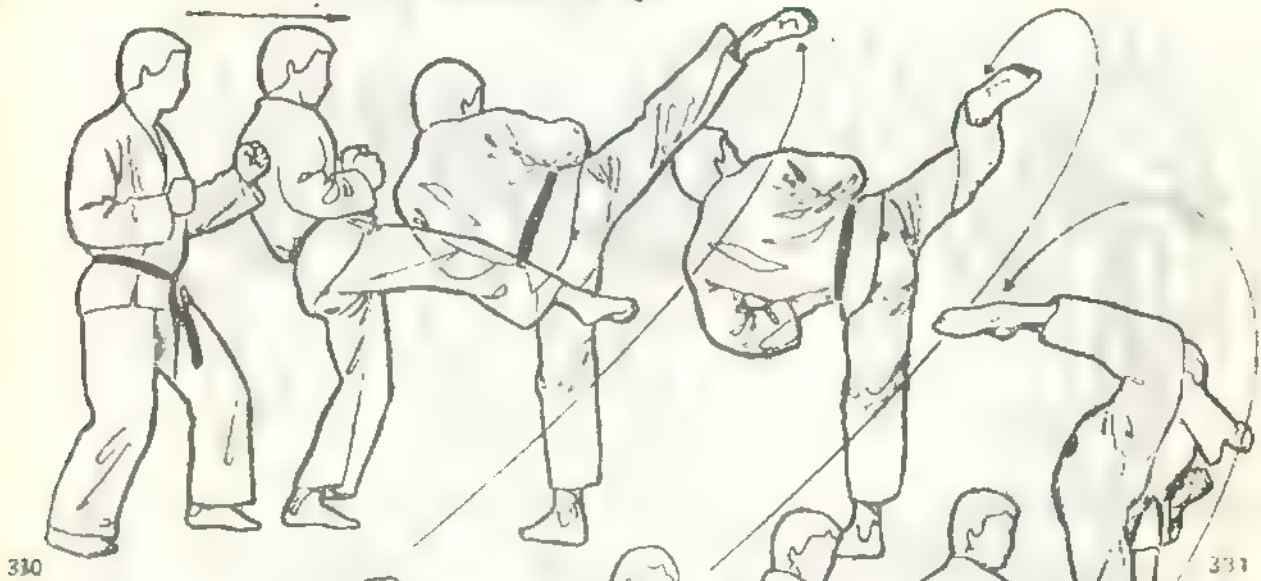
Mawashi-geri



Tobi-mawashi-geri



URA-MAWASHI-geri



330

331

332

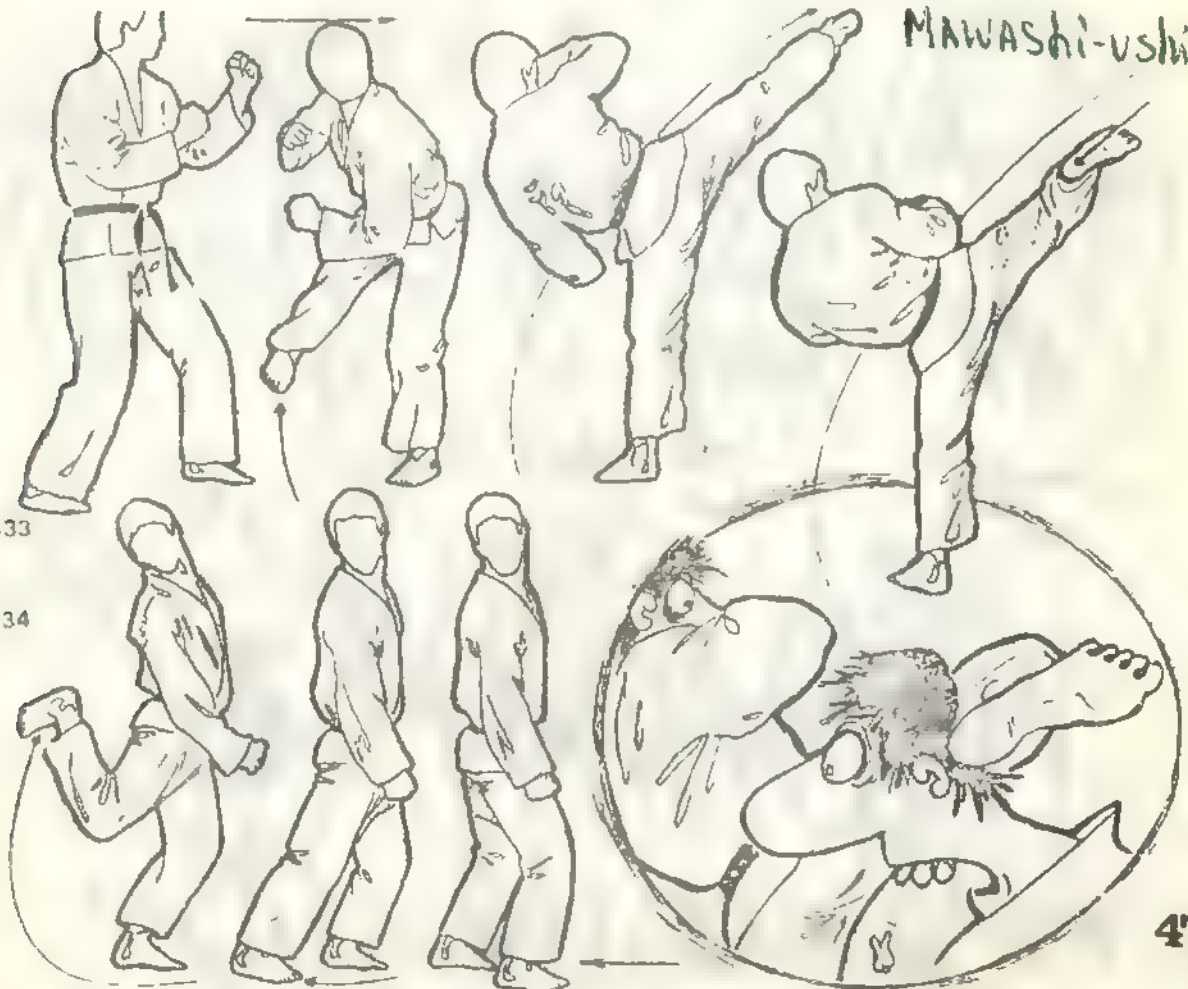
Ushiro-geri



333

334

MAWASHI-ushiro-geri



Keage-ushiro-geri

Mikazuki-geri



335

336

337

BARAI-WAZA



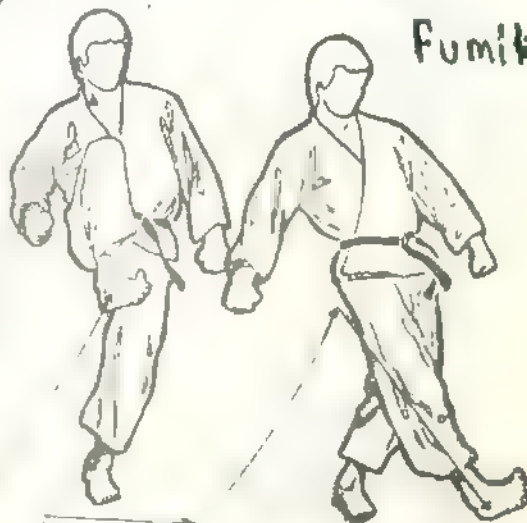
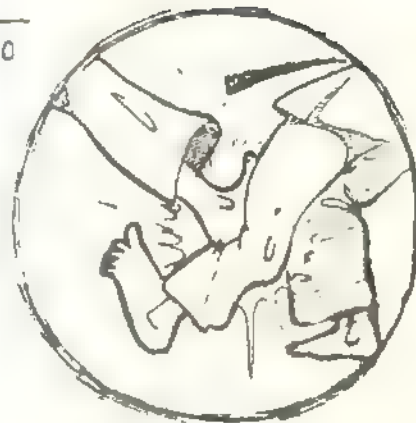
338

URA-MIKAZUKI-geri

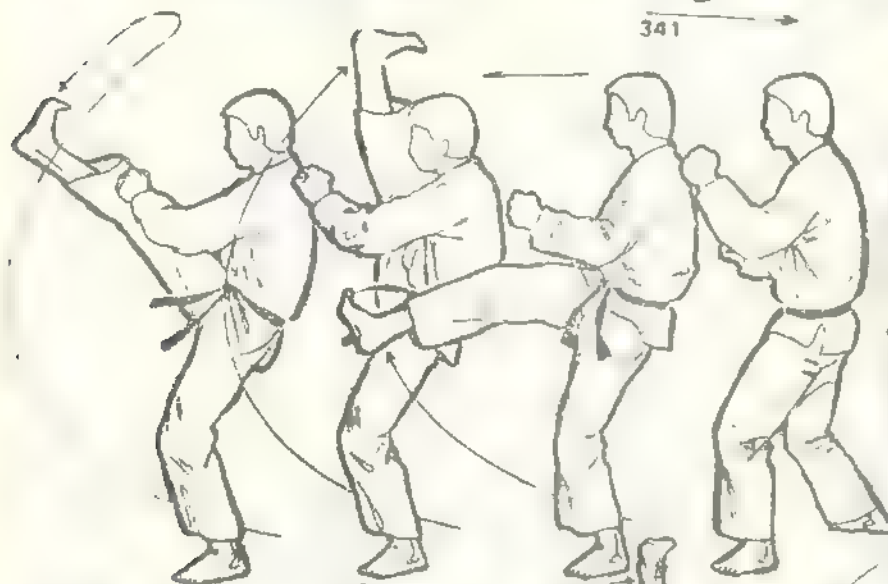
339



Kansetsu-geni



Fumikomi-geni



Kakato-geni

342

343



Mae-hiza-geri



344

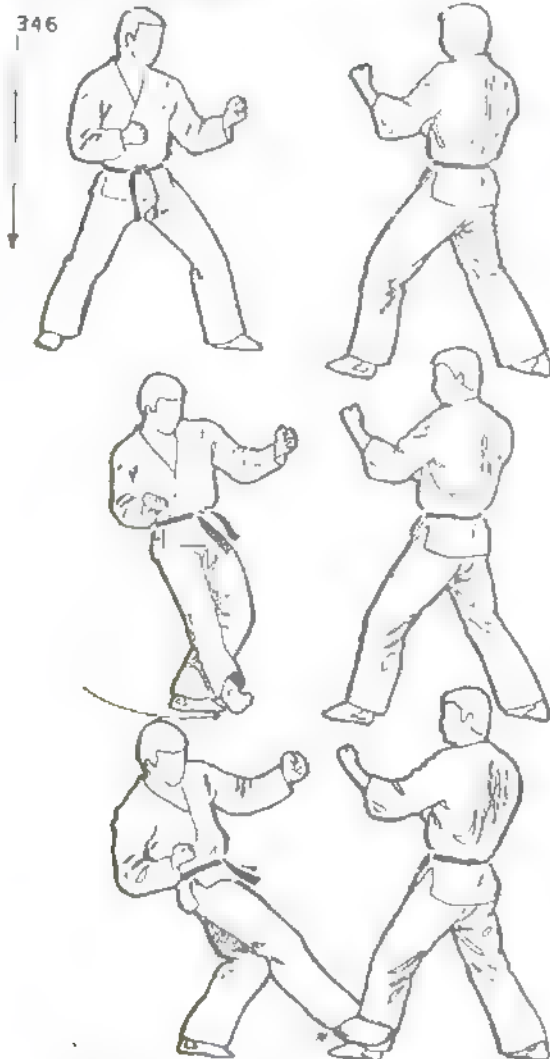
Mawashi-hiza-geri



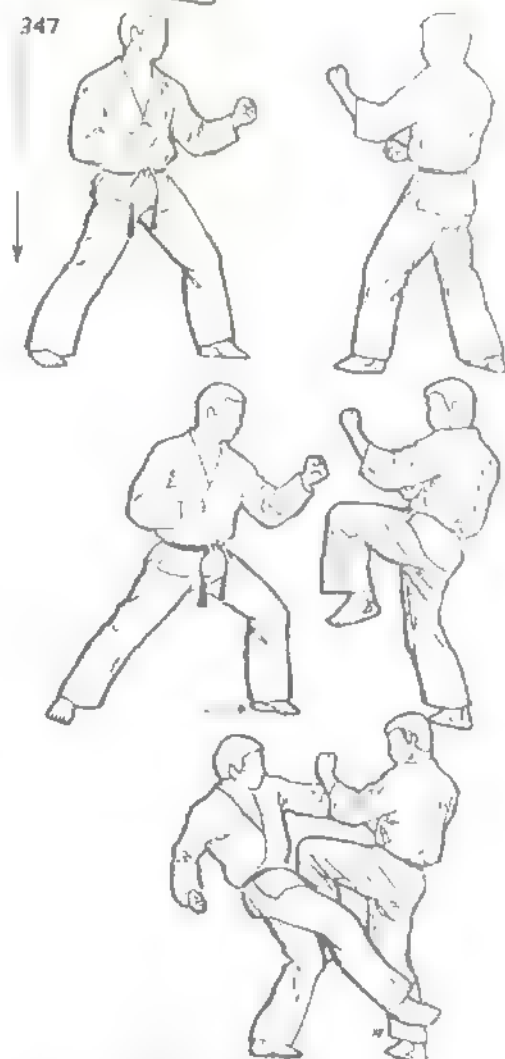
345

De-ashi-barai

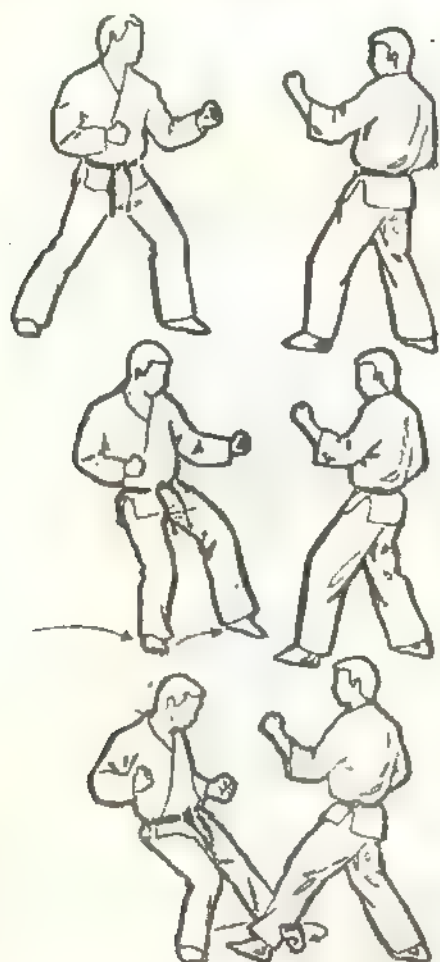
346



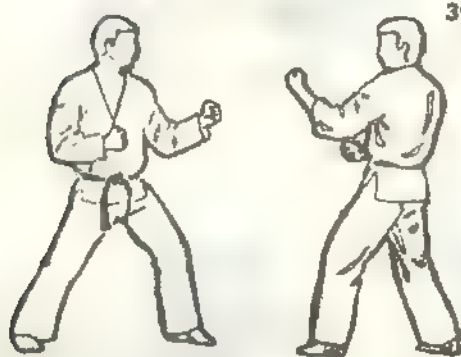
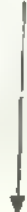
347



Okuri-Ashi-barai



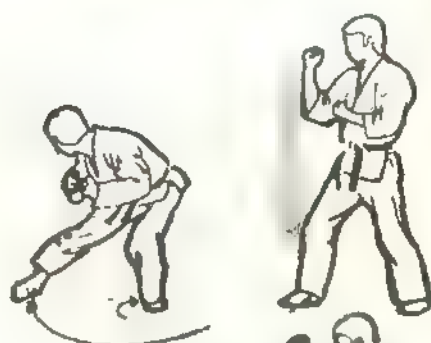
348



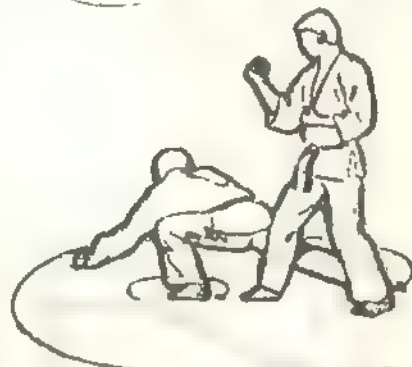
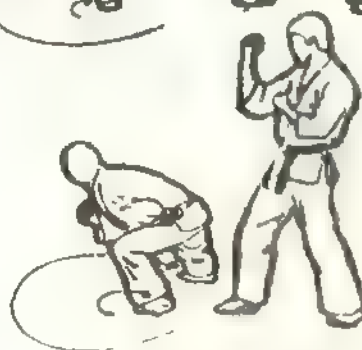
350



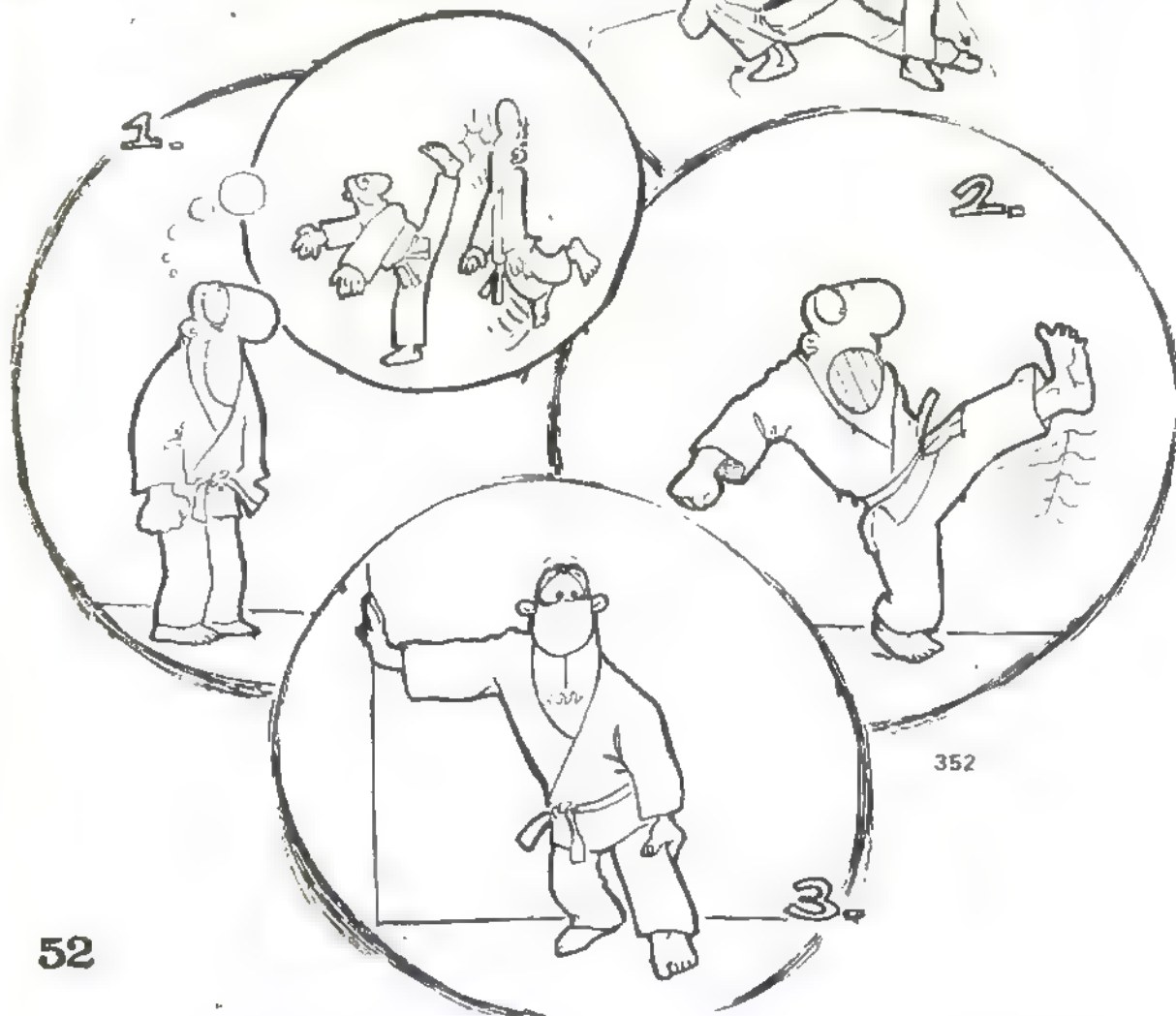
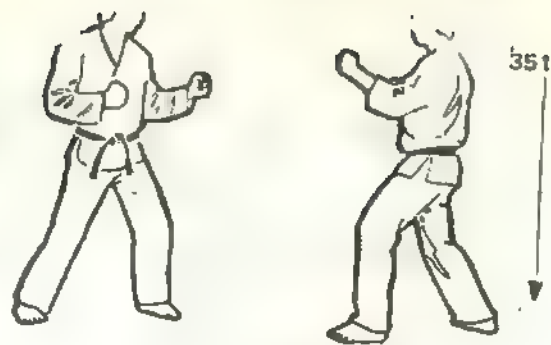
Kaiten-geri

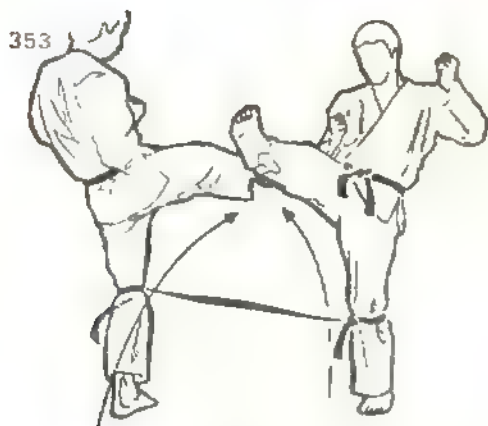


349

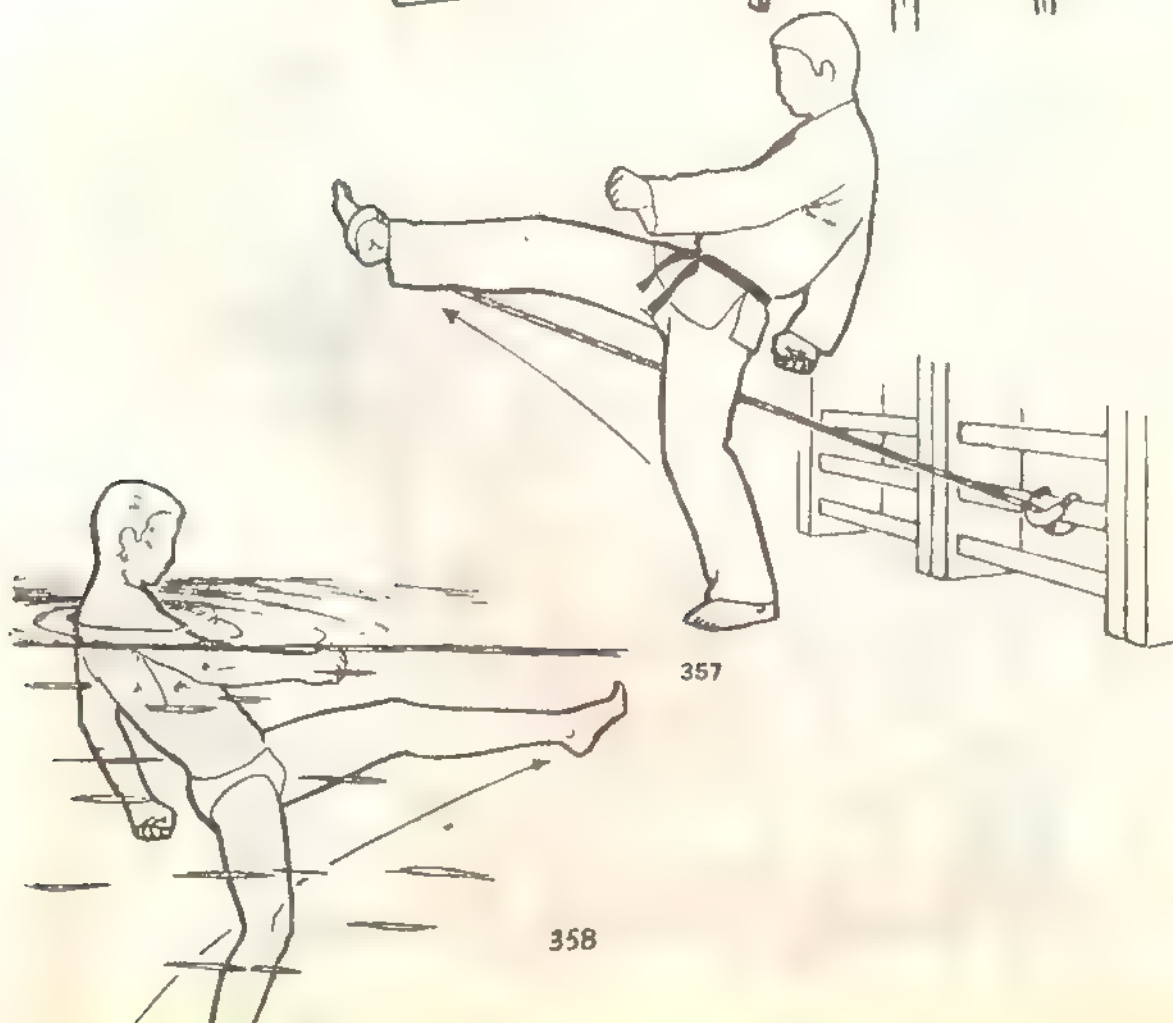
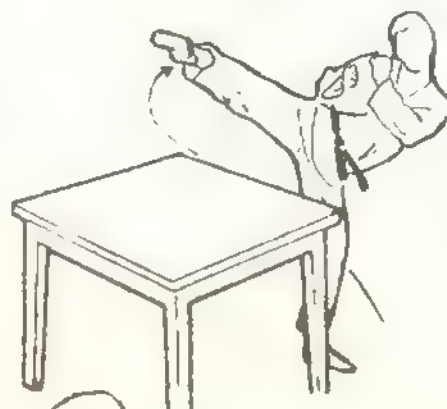


Kaiten-gari

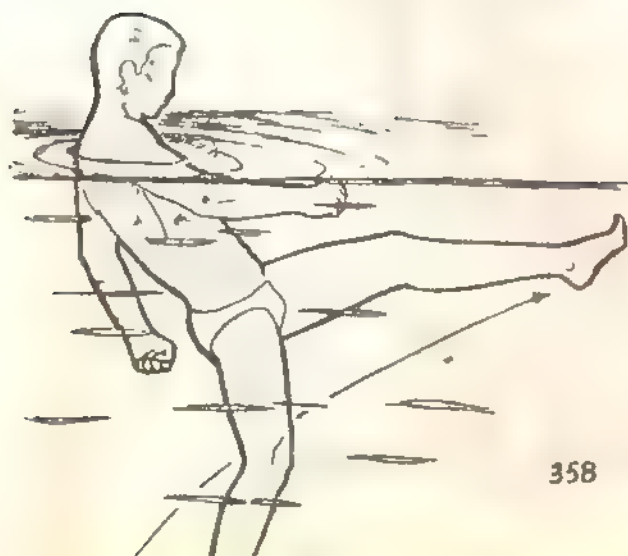




356



357



358



359



360

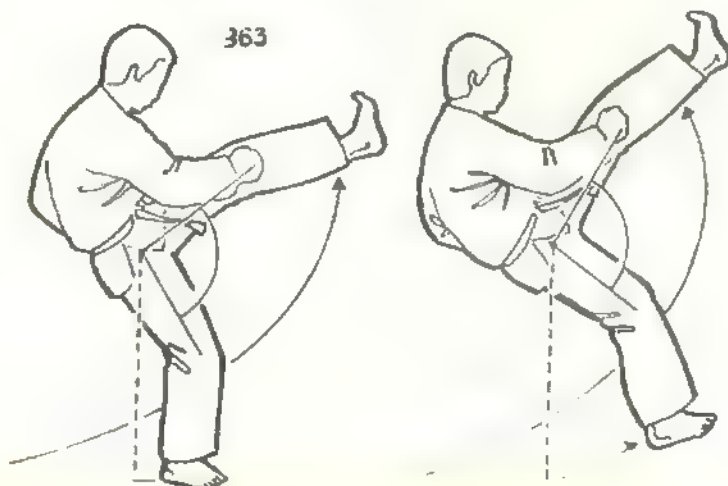
361

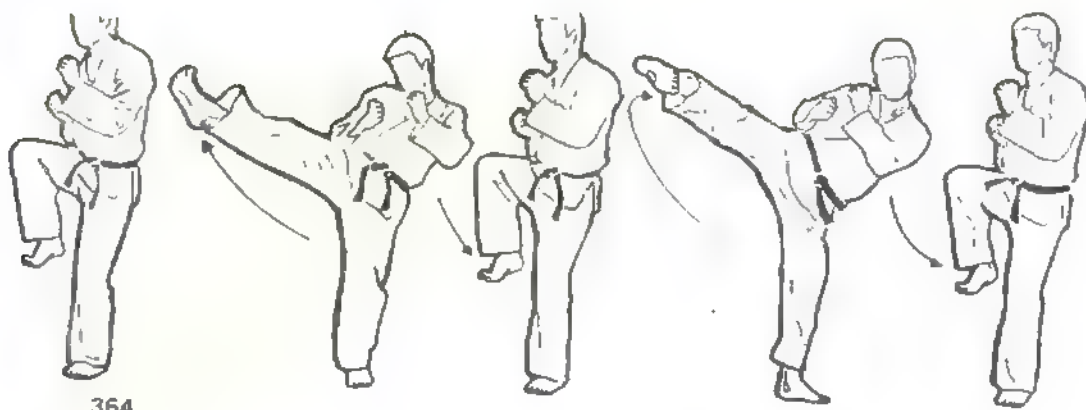


62 362

63

363





364

365



Yoko-geri



366



367



369



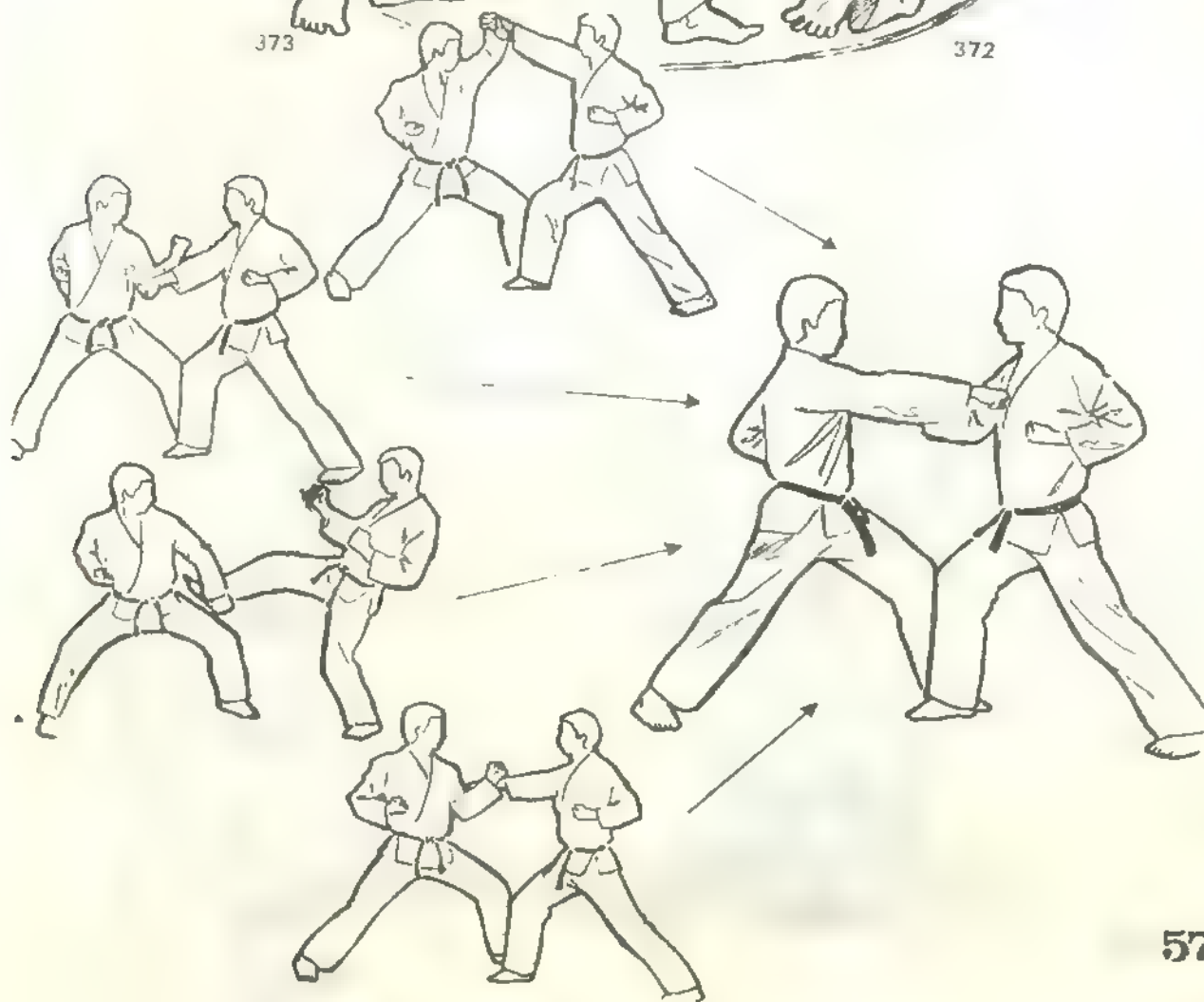
370

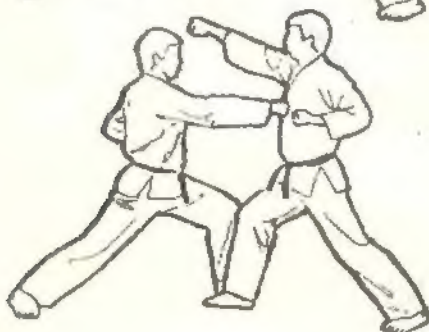
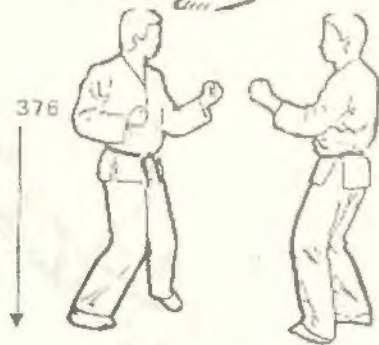
DAN-zuki



71 371







377



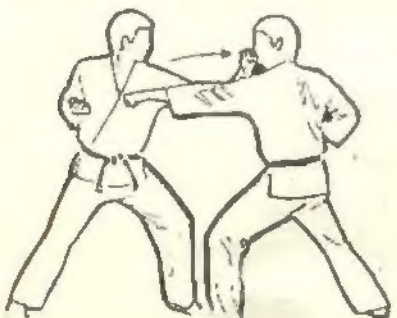
378



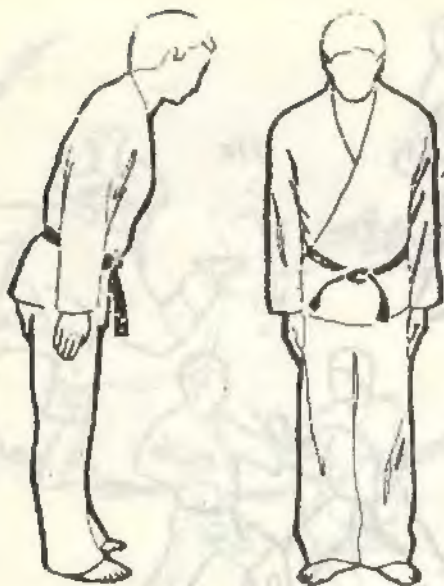
379



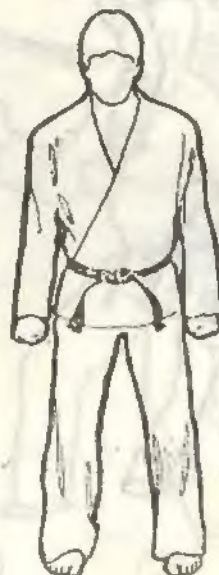
380



Ritsurei



Sarei



KOHEN

